



Change Your Thinking: Overcome Stress, Anxiety, and Depression, and Improve Your Life with CBT

Sarah Edelman

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Practicing psychologist Sarah Edelman clearly lays out how to use CBT to develop rational thought patterns in response to upsetting emotions and situations. By following the practical, easy-to-follow exercises and examples, you can take control of your thoughts, emotions, and feelings, and find more positive ways of dealing with life's hurdles - and a happier you. Change Your Thinking will teach you how to fight negative and self-defeating beliefs to minimize your experience of upsetting emotions.

Recognize "thinking errors" that cause you unnecessary distress.

Learn how to dispute thinking errors with your behavior and rational thoughts.

Prevent negative thoughts and emotions from occurring.

Acknowledge and face the obstacles that prevent you from obtaining your goals.

Achieve a more balanced and happier life.

Whether you're faced with overwhelming feelings of worthlessness, frustration, anger, depression, or anxiety, CBT can help you change your thinking and make a difference in your life - beginning today.

Change Your Thinking: Overcome Stress, Anxiety, and Depression, and Improve Your Life with CBT Details

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From Reader Review Change Your Thinking: Overcome Stress, Anxiety, and Depression, and Improve Your Life with CBT for online ebook

Daniel Taylor says

At first glance, this book seems irrelevant to traders.

But when you consider that trading depends on managing emotions, you'll think twice. After all, as Dr John F Demartini shares research has shown that if you make a gain of more than 10% you'll zoom into a state of euphoria and think you'll never lose money again. Likewise, lose more than 10% and you'll sink into depression and think you're financially ruined.

Seen in this light, chapters on topics like "Coping With Anxiety", "Recovery From Depression" and "Taking Charge" (on problem-solving) become most helpful for traders. And not only can you use them to deal with the challenges of being a trader, but you'll have skills to handle most of the hand life deals you.

Let me give you an example: Reading this book succeeded in changing my thinking.

Through a combination of illness, and meeting the demands of work and study, I'd become short-tempered and aggressive with the people closest to me. With the book at hand, I could pick out the chapter that was relevant to my current challenges and take charge.

Through changing my thinking and becoming mindfully aware, I've changed my behavior and become much more likeable.

Once you've read this book, keep it near you. You'll go to it a lot.

Bina says

Easy to read. To-the-point. Easy to grasp. Very practical advice. Must read for those who are battling depression and anxiety. Also a must read for friends & family of those people suffering from depression. CBT is practical and it works.

Becca says

Great book with real strategies to moving beyond the polarizing and overwhelming feelings of anxiety, depression, grief, and unrealistic expectations. My mom cannot read the book since her eyesight is very poor so I copied down a lot, a lot of the book on Microsoft Word to send to her so she can blow it up 200% and read it. I hope that she chooses to use the help that is in this book for her.

Kazza says

I read this book ages ago, it's a keeper on my shelves, but I've never added it to Goodreads. I recently decided to re-read it as an e-book and it showed up on here - so mini review.

Our thoughts have a powerful effect on how we feel so it makes a lot of sense to work on what we're thinking. Our automatic thinking style can be negative, but without checking in and looking at how we think, what we are thinking, we often don't realise this. This is especially true for depression and anxiety, but it's easy enough with plenty going on in our lives, because of our upbringing, to be quite negative and unaware.

Sarah Edelman knows CBT. This is a great book for any therapist wanting to know more, although I know some therapists are ditching CBT for newer or even older but renewed therapies. CBT is a good therapy. Like anything, it's good to use amongst other ideas. This book is especially good for any person who may be looking to think more positively but with a logical bent, not fluffy affirmations that are a dime a dozen on memes and are simply words with no real meaning or effectiveness.

Now with some mindfulness thrown in, it was well worth it to buy the latest edition of *Change Your Thinking*. Still 5 stars after the re-read.

Caroline Gordon says

This book holds a place on everyone's bookshelf, it is a source of wisdom and knowledge on all aspects of your life and how to improve yourself. Really common sense advice on dealing with anger, depression, anxiety, you name it it covers it. Every subject is covered in a really approachable way, the examples are of everyday people dealing with everyday situations. Please, everyone read this book, it will touch you and change your life.

Kane Mason says

A fantastic book about how to apply "2nd wave" - thought challenging - Cognitive Behavioural Therapy in our lives. Filled with a lot of tips I found very helpful and rewarding in application.

Donna says

This is a comprehensive guide to CBT with lots of practical advice and exercises to overcome stress, anxiety and negative thought.

CBT is a proven technique that is practical and doesn't rely solely on 'positive thinking' and catch phrases/affirmations.

When I read this book, I found myself constantly saying 'that's just common sense'. When it is laid out so clearly and logically, I can't help but wonder why my everyday thinking is anything but logical and common sense.

I rage, I ruminate and spend excessive amounts of time trying to please everyone but even with one reading of this book, I've found myself questioning my thoughts and many times over the past few days I have stopped myself from falling back into negative thinking. I guess this demonstrates the power of thought and that a lot of our problems reside in our view of the world.

A great guide that can be dipped into from time to time.

Felicity says

I read this book quite quickly. Edelman breaks it the content down into very simple terms. It provides some simple, easy-to-do strategies for battling depression, anxiety, anger, frustration etc, including changing negative thought patterns. Worked well enough for me, so my friend gave me Edelman's 'Releasing Anxiety' CD to use also. Worth a look!

Nicole Garey says

One of the issues that Dr. Sarah Edelman addresses as she brings her book to a close is the role our expectations play in our happiness. What a wonderful way to start a review, don't you think?

This book is absolutely wonderful for those who are new to the self-help and psychology fields. It's a great introduction to the concepts of everyday psychological irritants and provides wonderfully practical exercises to help the reader understand faulty logic.

Unfortunately, I went into the book expecting that it would be a bit more comprehensive. I really wanted to like it, but every aspect of it fell victim to redundancy. The anecdotes were overkill, basic concepts were defined patronizingly, and nothing was really spoken about in much detail. I understand that this is an introductory self-help book, and I appreciate the "suggestions for further reading" but I really would have liked to have learned more about logic instead of reading twelve more stories about failed marriages.

Overall, it just felt so fluffy and tender and INSPIRATIONAL!

It's a great book if you want to be coddled and have little experience with therapy or psychology, but not so much if you're looking for actual meat and potatoes information about the theory and why it works.

Geoffrey Graham says

This is a great book for anybody who has problems in life, that can be maintained by changing your thoughts.

Alice says

My psychologist told me to buy this book and I dutifully went out and did so, running into him and his new baby in the process (awkward!). While Cognitive Behavioural Therapy is now quickly becoming the unpopular kid in school next to Acceptance and Commitment Therapy (that new girl who just moved here three weeks ago and who has a pool and everyone now really likes even though they don't know her all that well), I still got plenty of good strategies out of it.

Its great strength is that it doesn't talk down to you. That, coupled with the generous helping of believable real-world examples the chapters are furnished with, really make it easy to take on its message (which, I supposed, could basically be boiled down to: "Is anyone going to die from this? No? Then SIT DOWN AND SHUDDAP!").

Angela says

Practical thinking for a happier life

Peta says

This is a good book which helps people challenge their negative thought patterns, it has chapters on different areas of negative thought from things like anxiety and depression to low self esteem and general "awfulising" I found this book good but a bit long winded with sooo many examples that I found myself skipping past some examples the more I got into the book. I also just skimmed some chapters on things that I didn't feel applied to me and so couldn't find myself interested in reading them properly. It's still a great book and would be good for people looking to not let negative thoughts affect them so often in life, some people might find the entire book helpful others would only find parts useful if they apply to their circumstances.

Frank says

Change Your Thinking is the bestselling guide to managing upsetting emotions by learning to think in a healthy and balanced way. It provides practical strategies for overcoming negative thoughts and behaviours, and taking control of emotions such as anxiety, depression, frustration, anger and guilt. It also describes techniques for enhancing self-esteem, improving communication skills and developing greater personal happiness.....

Paul Faure says

I'm not a great fan of CBT but I found this book practical with some good suggestions interspersed with inspirational quotes. What's more, for once it's actually written from an Australian perspective. Did it change my thinking? Like any good book, yes, in some way I just may think it has!

