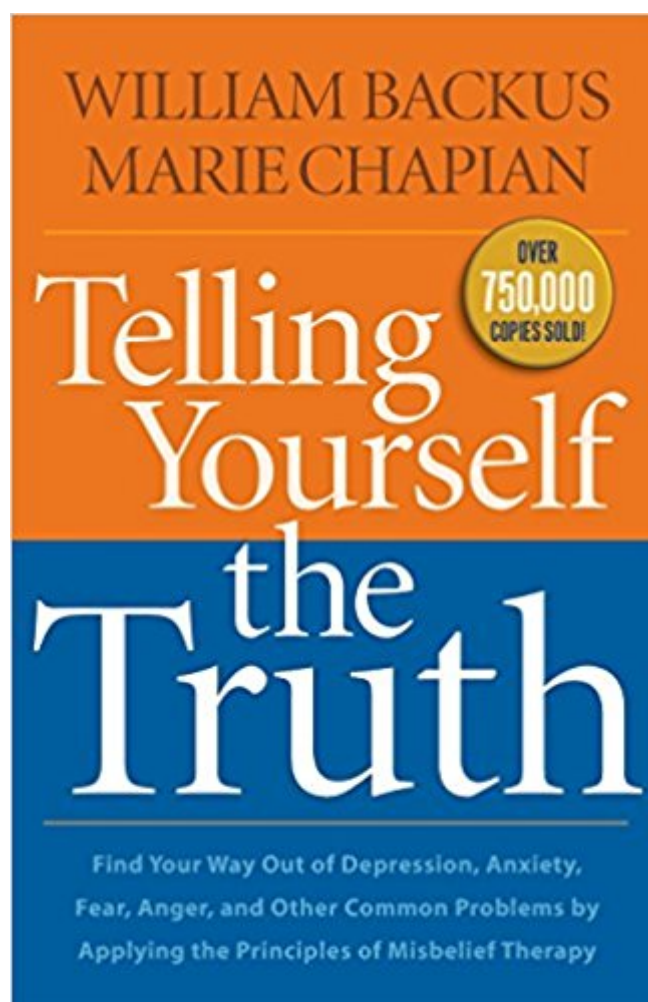


The book was found

Telling Yourself The Truth: Find Your Way Out Of Depression, Anxiety, Fear, Anger, And Other Common Problems By Applying The Principles Of Misbelief Therapy





Synopsis

Find your way out of depression, anxiety, fear, anger, and more by applying the principles of Misbelief Therapy. Learn how to handle emotions properly.

Book Information

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Customer Reviews

The truth will set you free! I dropped the ball and feel like a failure as a parent/spouse/friend, or, I lost my job; I am useless. This is negative self-talk at its finest. Negative thinking produces negative emotions, negative reactions, and negative behavior. Don't be a victim of circumstances; self-destroying lies will keep you from achieving true happiness. But true happiness is possible if you stop believing your lies. The authors explain Misbelief Therapy, a life-changing method, in an easy-to-understand way. Learning to deal with your thoughts, they say, is the first step to healthy thinking. They'll help you stop the misbelief, I'm so lonely and miserable, and replace it with the truth: I'm alone, but not lonely. God loves me with an everlasting love, and I am invaluable to Him. Once you pull the negative thoughts out and replace them with the truth, you will see that you can lead a satisfying and fulfilling emotional life. Based on the Bible, *Telling Yourself the Truth* has continuously helped thousands of people for more than thirty years. This newest edition now includes a helpful study guide.

William Backus, PhD, founded the Center for Christian Psychological Services. Before his death in 2005, he was a licensed clinical psychologist and an ordained Lutheran clergyman. He wrote many

books, including What Your Counselor Never Told You.

This book is very enlightening. The foundation of the author's belief system is Christianity, and there are a few scriptural references, but anyone seeking help could benefit from the truths stated in this book. I read it all the way through and plan to read it again with a highlighter in hand. The author is an experienced therapist, not just someone with a few ideas. If you have trouble with self esteem, relationships, addictions, depression, or the other common problems that seem to bother a great many of us, you could find help in this book.

Excellent book! Reminds me of a book called "Happiness Is a Choice", hated the title when I first saw it, but having reread it servreal time. found it to be a life changer. Read both if you are in need of a change.

This book presents some good categories to highlight what beliefs or lies might be controlling our lives. It is a bit simplistic in its approach, but it helps one think through all the different areas in their lives where their belief structures are impacting their actions and attitudes.

This book is very eye opening and identifies the lies we tell ourselves and their impact very accurately, but also provides very practical and biblical suggestions on how to deal with them in order to live a more productive, satisfying, and godly life. I enjoyed reading this book and look forward to implementing the practices into my own behavior.

Great book! It has helped me learn the steps to be more confident in Gods word about me! I can overcome depression!

Used this book for a bible study, great book to study on how to improve from getting negative thoughts.

This is THE MOST HELPFUL book I have read. When you are desperate enough with your situation to let go of your preconceived ideas about how things are and should be...this book will help guide you into life changing truths. It is Christian but not preachy, and it offers practical answers to life's problems. I keep it on my nightstand and re-read portions every few days. What a Godsend!

I am always looking for answers and looking inward and I love this book. It has given me lots of lightbulb moments and makes my brain whirl with new ideas. Great read for those that seek to find new ways of thinking or being.

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Keep Your Anger from Undermining Your Self-Esteem, Your Emotional Balance, and Your Relationships (New Harbinger Self-Help Workbook) How to Handle Your Emotions: Anger, Depression, Fear, Grief, Rejection, Self-Worth (Counseling Through the Bible Series)

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