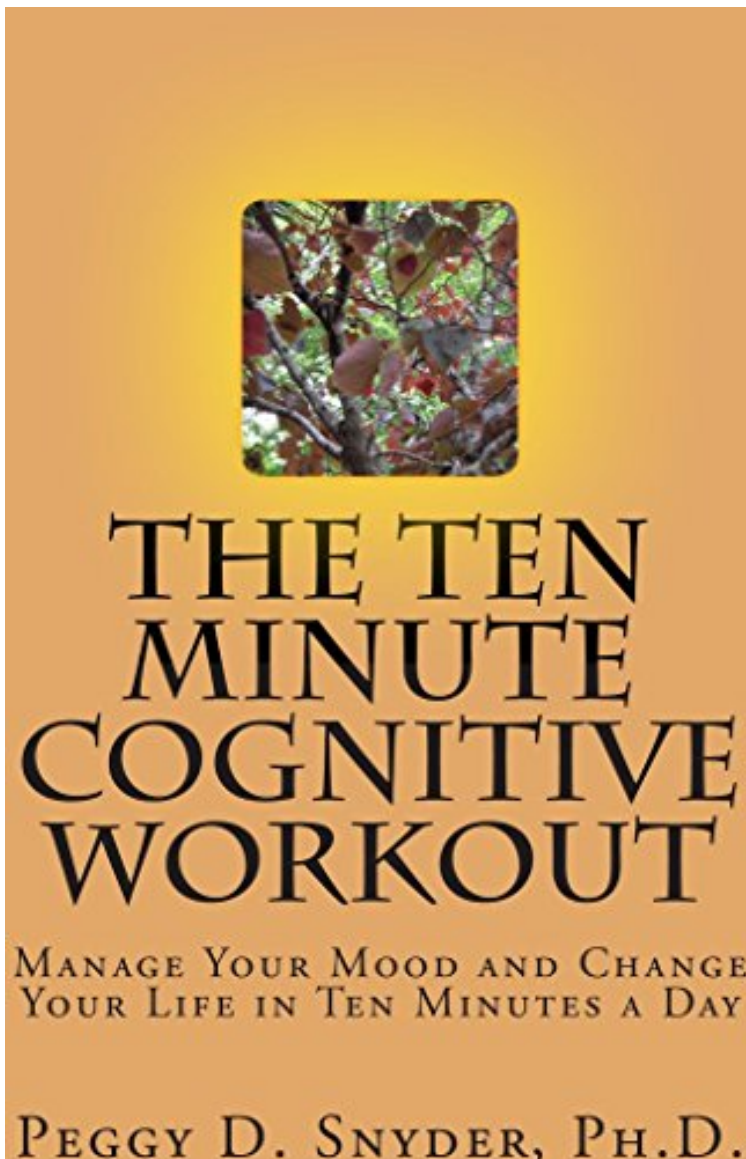


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The Ten Minute Cognitive Workout: Manage Your Mood and Change Your Life in Ten Minutes a Day (English Edition)



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Description :

Prsentation de l'diteurThe TEN MINUTE COGNITIVE WORKOUT, Winner of the 2013 San Diego Book Award - Best Self Help, describes and teaches you a simple, easy to learn, exercise designed to maintain positive mood, reduce stress, and change behavior. This easy exercise increases your self confidence and helps you feel in control of your life. As the title suggests, the exercise requires an investment of only ten

minutes a day. Despite its ease of execution, the TEN MINUTE COGNITIVE WORKOUT is surprisingly powerful. Its based on the principles of Cognitive Behavioral Therapy. What we think directly affects how we feel. Our thoughts govern our emotions. The TEN MINUTE COGNITIVE WORKOUT shows you a simple way to replace negative, irrational, dysfunctional thoughts with positive, rational, functional ones. These new thoughts become internalized and produce positive changes in emotions and behavior. This book provides you with a powerful tool that can manage the stress of everyday life. This tool can also alleviate depression and reduce anxiety. Sleep problems, relationship issues, and parenting concerns are also addressed, as well as issues related to the workplace, education, and skill development. In each of these areas, the book explains an easy, step-by-step method designed to bring about positive changes in mood and behavior. You can attain a new sense of well-being by investing only ten minutes a day in this one simple, effective exercise. Your mood will improve in a positive direction. Youll feel more calm and in control. Youll find yourself embracing each and every day. Youll be feeling more confident, and your confidence will be expressed in your behavior. In time, you can achieve an ongoing state of joy and peace. And it only takes ten minutes a day. The book also contains a bonus section that describes two simple meditation techniques. Interested readers can incorporate meditation and other mindfulness practices into the TEN MINUTE COGNITIVE WORKOUT. Prsentation de l'diteur The TEN MINUTE COGNITIVE WORKOUT, Winner of the 2013 San Diego Book Award - Best Self Help, describes and teaches you a simple, easy to learn, exercise designed to maintain positive mood, reduce stress, and change behavior. This easy exercise increases your self confidence and helps you feel in control of your life. As the title suggests, the exercise requires an investment of only ten minutes a day. Despite its ease of execution, the TEN MINUTE COGNITIVE WORKOUT is surprisingly powerful. Its based on the principles of Cognitive Behavioral Therapy. What we think directly affects how we feel. Our thoughts govern our emotions. The TEN MINUTE COGNITIVE WORKOUT shows you a simple way to replace negative, irrational, dysfunctional thoughts with positive, rational, functional ones. These new thoughts become internalized and produce positive changes in emotions and behavior. This book provides you with a powerful tool that can manage the stress of everyday life. This tool can also alleviate depression and reduce anxiety. Sleep problems, relationship issues, and parenting concerns are also addressed, as well as issues related to the workplace, education, and skill development. In each of these areas, the book explains an easy, step-by-step method designed to bring about positive changes in mood and behavior. You can attain a new sense of well-being by investing only ten minutes a day in this one simple, effective exercise. Your mood will improve in a positive direction. Youll feel more calm and in control. Youll find yourself embracing each and every day. Youll be feeling more confident, and your confidence will be expressed in your behavior. In time, you can achieve an ongoing state of joy and peace. And it only takes ten minutes a day. The book also contains a bonus section that describes two simple meditation techniques. Interested readers can incorporate meditation and other mindfulness practices into the TEN MINUTE COGNITIVE WORKOUT. Biographie de l'auteur Peggy D.

Snyder, Ph.D. is a licensed psychologist with over 35 years of clinical experience working with psychotherapy clients. She has extensive experience working with children, adolescents, families, adults, and couples. Dr. Snyder worked as a staff psychologist at Prairie View Hospital and Mental Health Center in Newton Kansas from 1977 until 1980. She served as consultant to the District Court in Harvey and McPherson Counties in Kansas. In 1980, she relocated to San Diego where she opened a private practice. In her private practice, Dr. Snyder continued to work with clients of all ages. Her preferred clinical orientation has been Cognitive Behavioral Therapy with a specialty in Clinical Hypnosis Dr. Snyder retired from practice in 2012 which allows her more time to pursue her passion of writing. Ballroom dancing and travel are among her many leisure activities.