



Take Charge of Your Emotions: Seven Steps to Overcoming Depression, Anxiety, and Anger

Dr. Linda J. Solie

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Do you sometimes have emotions you can't explain or don't want?

You are not alone--and there is help. Whether you are challenged with significant bouts of depression or anxiety, periods of longstanding emotional pain, frequent temper flare-ups, or only an occasional unwelcome mood, *Take Charge of Your Emotions* is relevant to your life.

Psychologist Linda Solie guides you through seven steps to dealing with negative or destructive feelings. You will learn and practice time-tested skills that offer relief from painful emotions, including how to

- Identify exactly what you are feeling
- Understand the connection between your thoughts, feelings, and behaviors
- Choose new ways to think that produce emotional and behavioral change

No matter where you are emotionally or what you are dealing with, you *can* change the way you feel and behave. With nearly thirty years of hands-on cognitive/behavioral experience, Dr. Solie provides tools designed to help you find freedom and joy.

"This book gives you a road map to the life you've always wanted."--Dr. Kevin Leman

"Dr. Solie merges solid psychological tools with the Christian faith, teaching readers practical skills for finding relief from emotional pain."--Harold G. Koenig, MD, Director, Center for Spirituality, Theology and Health Professor of Psychiatry & Behavioral Sciences, Associate Professor of Medicine, Duke University

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Priscilla McNeil:

Are you kind of busy person, only have 10 or maybe 15 minute in your day time to upgrading your mind talent or thinking skill actually analytical thinking? Then you have problem with the book than can satisfy your small amount of time to read it because pretty much everything time you only find reserve that need more time to be read. Take Charge of Your Emotions: Seven Steps to Overcoming Depression, Anxiety, and Anger can be your answer mainly because it can be read by you who have those short free time problems.

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