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Mood Cards

Make Sense of Your Moods and Emotions for Clarity, Confidence and Well-Being

[Eddison Books Limited](#) Psychology doesn't have to be complicated. Drawing on cognitive behavioral therapy, mindfulness, and positive psychology, The Mood Cards offer a fun and accessible way to help you identify and explore your moods and emotions. Each of the 42 beautifully illustrated mood and emotion cards includes guided questions for self-exploration plus a positive affirmation. Whether you wish to manage difficult moods, approach relationships more skillfully, become more sensitive to the needs of others, or simply be able to communicate and listen effectively, using the cards will encourage you to be confident in who you are, expand your emotional intelligence, and help you move forward in a positive way.

The Mood Book

Identify and Explore 100 Moods and Emotions

[Eddison Books](#) Psychology doesn't have to be complicated. This book offers an accessible way to help you understand yourself and also challenges your thinking so you can move forward in a positive way. With clear, straightforward advice on identifying signs and symptoms and how particular moods and emotions manifest, along with guidance on how to deal with them, you can learn to identify your own obstacles, bring a common-sense approach to life's difficulties, and increase your self-awareness. You can choose a mood to explore at random or, if you want to address something specific, you can check the A-Z listing of 100 moods, emotions, feelings, states of mind, quirks of personality, and mood disorders. Whether you're using the book for self-help or for working with others as a parent or professional, you can gain the clarity and confidence you need to reach your full potential.

The Mood Elevator

Take Charge of Your Feelings, Become a Better You

[Berrett-Koehler Publishers](#) The Mood Elevator Take Charge of Your Feelings, Become a Better You We all ride the Mood Elevator up and down every day. How well we do it impacts our relationship, our personal effectiveness, our career and our experience of life. Most people take that ride for granted and don't think it can be influenced. But what if we knew the right buttons to push to move to the top of the Mood Elevator. Wouldn't it be useful if there were proven ways to make visits to the lower floors less frequent and less intense? In this very practical guide, Larry Senn provides an operating manual to keep you out of the emotional basement. He shows how to recognize when you've become so accustomed to being stuck on a lower floor—depressed, stressed, anxious, judgmental—you don't even realize it and what to do to interrupt those negative thought patterns and start going up again. He urges us to cultivate mental attitudes like curiosity and gratitude that will keep us on the higher floors and explains how to quiet the mind and nurture positive thoughts without succumbing to Pollyannaish denial. And as someone who took up triathalons at the age of seventy, he speaks from experience when he emphasizes the inseparable connection between physical health and mental health. Through Senn's decades of work as a consultant, the Mood Elevator has been enthusiastically embraced by hundreds of thousands of people around the world. It symbolizes our moment-to-moment experience of life, encompassing a wide range of feelings. Together, these emotions play a major role in defining the quality of our lives and relationships and our effectiveness on the job. By sharing his work with a wider audience, Senn hopes to help all of us live life at our best.

The Box of Emotions

Mood Flip Book

This simple tool children as well as parents and therapists helps youngsters identify their feelings, then engage their wise owl mind to accept or cope with intense or difficult emotions. On these pages, facial expressions depict a range of feelings and moods--from happy to sad, friendly to shy, hopeful to angry, and more--that can be matched to the child's current state of being. On the back of each card different strategies relevant to the card's particular feeling or mood are suggested, including asking for help, deep breathing, talking about feelings, finding a quiet place to calm down, and asking for a turn. 48 laminated pages. 6-1/2 wide x 7-3/4 high (16.5 cm wide x 19.7 cm high). Wire-o binding with built-in accordion stand.

The Book of Moods

How I Turned My Worst Emotions Into My Best Life

[Grand Central Publishing](#) The Happiness Project meets So Sad Today in this "hilariously witty, unflinchingly honest" book from Words of Women founder Lauren Martin, as she contemplates the nature of negative emotions -- and the insights that helped her to take control of her life (Bobbi Brown). Five years ago, Lauren Martin was sure something was wrong with her. She had a good job in New York, an apartment in Brooklyn, a boyfriend, yet every day she wrestled with feelings of inferiority, anxiety and irritability. It wasn't until a chance encounter with a (charming, successful) stranger who revealed that she also felt these things, that Lauren set out to better understand the hold that these moods had on her, how she could change them, and began to blog about the wisdom she uncovered. It

quickly exploded into an international online community of women who felt like she did: lost, depressed, moody, and desirous of change. Inspired by her audience to press even deeper, *The Book of Moodshares* Lauren's journey to infuse her life with a sense of peace and stability. With observations that will resonate and inspire, she dives into the universal triggers every woman faces -- whether it's a comment from your mother, the relentless grind at your job, days when you wish the mirror had a Valencia filter, or all of the above. Blending cutting-edge science, timeless philosophy, witty anecdotes and effective forms of self-care, Martin has written a powerful, intimate, and incredibly relatable chronicle of transformation, proving that you really can turn your worst moods into your best life.

Draw on Your Emotions

[Routledge](#) *Draw on Your Emotions* is a bestselling resource to help people of all ages express, communicate and deal more effectively with their emotions through drawing. Built around five key themes, each section contains a simple picture exercise with clear objectives, instructions and suggestions for development. The picture activities have been carefully designed to help ease the process of both talking about feelings and exploring life choices, by trying out alternatives safely on paper. This will help to create clarity and new perspectives as a step towards positive action. Offering a broad range of exercises which can be adapted for any ability or age from middle childhood onwards, this unique book explores a range of emotions surrounding a person's important life experiences, key memories, relationships, best times, worst times and who they are as a person. This is an essential resource for therapists, educators, counsellors and anyone who engages other people in conversations that matter about their relationship to self, others and life in general. This revised and updated second edition also contains a new section on how to use the superbly emotive *The Emotion Cards* (9781138070981) to facilitate deeper therapeutic conversations.

Permission to Feel

Unlocking the Power of Emotions to Help Our Kids, Ourselves, and Our Society Thrive

[Celadon Books](#) The mental well-being of children and adults is shockingly poor. Marc Brackett, author of *Permission to Feel*, knows why. And he knows what we can do. "We have a crisis on our hands, and its victims are our children." Marc Brackett is a professor in Yale University's Child Study Center and founding director of the Yale Center for Emotional Intelligence. In his 25 years as an emotion scientist, he has developed a remarkably effective plan to improve the lives of children and adults - a blueprint for understanding our emotions and using them wisely so that they help, rather than hinder, our success and well-being. The core of his approach is a legacy from his childhood, from an astute uncle who gave him permission to feel. He was the first adult who managed to see Marc, listen to him, and recognize the suffering, bullying, and abuse he'd endured. And that was the beginning of Marc's awareness that what he was going through was temporary. He wasn't alone, he wasn't stuck on a timeline, and he wasn't "wrong" to feel scared, isolated, and angry. Now, best of all, he could do something about it. In the decades since, Marc has led large research teams and raised tens of millions of dollars to investigate the roots of emotional well-being. His prescription for healthy children (and their parents, teachers, and schools) is a system called RULER, a high-impact and fast-effect approach to understanding and mastering emotions that has already transformed the thousands of schools that have adopted it. RULER has been proven to reduce stress and burnout, improve school climate, and enhance academic achievement. This book is the culmination of Marc's development of RULER and his way to share the strategies and skills with readers around the world. It is tested, and it works. This book combines rigor, science, passion and inspiration in equal parts. Too many children and adults are suffering; they are ashamed of their feelings and emotionally unskilled, but they don't have to be. Marc Brackett's life mission is to reverse this course, and this book can show you how.

A Little SPOT of Feelings

Emotion Detective

Eat Your Feelings

The Food Mood Girl's Guide to Transforming Your Emotional Eating

[Wednesday Books](#) Heather Crosby, *Yum Universe: "Eat Your Feelings* is a joyful, judgement-free zone and an opportunity to answer your body's call in an informed and delicious way." Lindsey Smith, *The Food Mood Girl*, shows how you can transform your lifestyle by learning from your cravings and using mood-boosting ingredients every day Blending together Lindsey Smith's passion for health and wellness, food and humor, *Eat Your Feelings* is a humorous, lighthearted take on your typical diet book. Busy young professionals wrestle with long hours, an exhausting dating culture, and the stress of the modern world. As days whiz by, it's normal to gravitate toward food—a quick slice of pizza, a chocolate bar, or a bag of chips—that fulfills a craving of the moment or gives a quick energy boost. And this impulse makes sense. Food gives us a sense of pleasure and joy. It can provide us with satisfaction and comfort. Food can awaken each of our senses to something new each time we eat. It gives us energy, and quite literally sustains life as we know it. It should be emotional. If you are feeling sad, stressed, exhausted, hangry, or bored, it's comforting to eat dishes you love and crave. But Lindsey Smith shows how simple it is to make those same meals and snacks with mood-boosting ingredients that will physically nourish instead of processed foods. In *Eat Your Feelings*, Lindsey Smith, the Food Mood Girl, will look at ways to eat healthy food based on what people tend to crave the most during heightened emotional states, introducing recipes with crunchy, cheesy, creamy, sweet, and salty themes and drink alternatives for those who tend to chug soda or coffee when all worked up. It's crucial to listen to your cravings: they are the gatekeepers that unlock the secrets to our unique bodies. But a major element of the Food Mood lifestyle is love, and revolutionizing the way you treat your body and your cravings will not only rid yourself of hanger pains but will also teach you how to listen and respond to your body with healthy ingredients and recipes.

Emotional Design

Why We Love (or Hate) Everyday Things

[Basic Books](#) Why attractive things work better and other crucial insights into human-centered design Emotions are inseparable from how we humans think, choose, and act. In *Emotional Design*, cognitive scientist Don Norman shows how the principles of human psychology apply to the invention and design of new technologies and products. In *The Design of Everyday Things*, Norman made the definitive case for human-centered design, showing that good design demanded that the user's must take precedence over a designer's aesthetic if anything, from light switches to airplanes, was going to work as the user needed. In this book, he takes his thinking several steps farther, showing that successful design must incorporate not just what users need, but must address our minds by attending to our visceral reactions, to our behavioral choices, and to the stories we want the things in our lives to tell others about ourselves. Good human-centered design isn't just about making effective tools that are straightforward to use; it's about making affective tools that mesh well with our emotions and help us express our identities and support our social lives. From roller coasters to robots, sports cars to smart phones, attractive things work better. Whether designer or consumer, user or inventor, this book is the definitive guide to making Norman's insights work for you.

Atlas of the Heart

Mapping Meaningful Connection and the Language of Human Experience

Random House #1 NEW YORK TIMES BESTSELLER • In her latest book, Brené Brown writes, “If we want to find the way back to ourselves and one another, we need language and the grounded confidence to both tell our stories and be stewards of the stories that we hear. This is the framework for meaningful connection.” In *Atlas of the Heart*, Brown takes us on a journey through eighty-seven of the emotions and experiences that define what it means to be human. As she maps the necessary skills and an actionable framework for meaningful connection, she gives us the language and tools to access a universe of new choices and second chances—a universe where we can share and steward the stories of our bravest and most heartbreaking moments with one another in a way that builds connection. Over the past two decades, Brown’s extensive research into the experiences that make us who we are has shaped the cultural conversation and helped define what it means to be courageous with our lives. *Atlas of the Heart* draws on this research, as well as on Brown’s singular skills as a storyteller, to show us how accurately naming an experience doesn’t give the experience more power—it gives us the power of understanding, meaning, and choice. Brown shares, “I want this book to be an atlas for all of us, because I believe that, with an adventurous heart and the right maps, we can travel anywhere and never fear losing ourselves.”

Thoughts and Feelings

Taking Control of Your Moods and Your Life

New Harbinger Publications If you are depressed, anxious, angry, worried, confused, frustrated, upset, or ashamed, please remember that you are not alone in your struggle with painful feelings and experiences. Everybody experiences emotional distress sometimes. It’s normal. But when the pain becomes too strong and too enduring, it’s time to take that important first step toward feeling better. Painful thoughts can arise in many ways. You may struggle with anxiety and depression, or feel that procrastination or perfectionism is holding you back. Regardless of the issue, you’ve come to this book with a desire to change your thoughts and feelings for the better. This classic self-help workbook offers powerful cognitive therapy tools for making that happen. Now in its fourth edition, *Thoughts and Feelings* provides you with twenty evidence-based techniques that can be combined to create a personal treatment plan for overcoming a range of mental health concerns, including worry, panic attacks, depression, low self-esteem, anger, and emotional and behavioral challenges of any kind. Customize your plan to address multiple concerns at once, or troubleshoot the thoughts and feelings that bother you most. Used and recommended by the most renowned and respected therapists, this comprehensive mental health workbook offers all of best psychological tools for quickly regaining mastery over your moods and emotions. This endlessly useful guide has helped thousands of readers: • Challenge self-sabotaging patterns of thinking • Practice relaxation techniques to maintain self-control in stressful situations • Change the core beliefs that drive painful emotions • Identify and prioritize their values for a more focused, fulfilling life Using proven effective methods based in cognitive behavioral therapy (CBT), acceptance and commitment therapy (ACT), and mindfulness, this book will help you take that first step toward feeling better—about yourself, and about the world around you. Isn’t it time you started really enjoying life?

Descartes' Error

Emotion, Reason, and the Human Brain

Penguin Since Descartes famously proclaimed, “I think, therefore I am,” science has often overlooked emotions as the source of a person’s true being. Even modern neuroscience has tended, until recently, to concentrate on the cognitive aspects of brain function, disregarding emotions. This attitude began to change with the publication of *Descartes’ Error* in 1995. Antonio Damasio—“one of the world’s leading neurologists” (The New York Times)—challenged traditional ideas about the connection between emotions and rationality. In this wondrously engaging book, Damasio takes the reader on a journey of scientific discovery through a series of case studies, demonstrating what many of us have long suspected: emotions are not a luxury, they are essential to rational thinking and to normal social behavior.

Theo's Mood

A Book of Feelings

Albert Whitman & Company It's *Mood Monday* and Miss Cady's class is sharing how they feel after the weekend. But Theo doesn't know whether he's in a good mood or a bad mood. He has a new baby sister and he isn't just happy like Eric who got a new bike or sad like April who lost her dog. As Theo's classmates discuss all their feelings, he realizes he's not in a good mood or a bad mood—he's all those things!

Rewire Your Brain

Think Your Way to a Better Life

John Wiley & Sons How to rewire your brain to improve virtually every aspect of your life—based on the latest research in neuroscience and psychology on neuroplasticity and evidence-based practices Not long ago, it was thought that the brain you were born with was the brain you would die with, and that the brain cells you had at birth were the most you would ever possess. Your brain was thought to be “hardwired” to function in predetermined ways. It turns out that's not true. Your brain is not hardwired, it's “softwired” by experience. This book shows you how you can rewire parts of the brain to feel more positive about your life, remain calm during stressful times, and improve your social relationships. Written by a leader in the field of Brain-Based Therapy, it teaches you how to activate the parts of your brain that have been underactivated and calm down those areas that have been hyperactivated so that you feel positive about your life and remain calm during stressful times. You will also learn to improve your memory, boost your mood, have better relationships, and get a good night sleep. Reveals how cutting-edge developments in neuroscience, and evidence-based practices can be used to improve your everyday life Other titles by Dr. Arden include: *Brain-Based Therapy-Adult*, *Brain-Based Therapy-Child*, *Improving Your Memory For Dummies* and *Heal Your Anxiety Workbook* Dr. Arden is a leader in integrating the new developments in neuroscience with psychotherapy and Director of Training in Mental Health for Kaiser Permanente for the Northern California Region Explaining exciting new developments in neuroscience and their applications to daily living, *Rewire Your Brain* will guide you through the process of changing your brain so you can change your life and be free of self-imposed limitations.

The Zones of Regulation

A Curriculum Designed to Foster Self-regulation and Emotional Control

"... a curriculum geared toward helping students gain skills in consciously regulating their actions, which in turn leads to increased control and problem solving abilities. Using a cognitive behavior approach, the curriculum's learning activities are designed to help students recognize when they are in different states called "zones," with each of four zones represented by a different color. In the activities, students also learn how to use strategies or tools to stay in a zone or move from one to another. Students explore calming techniques, cognitive strategies, and sensory supports so they will have a toolbox of methods to use to move between zones. To deepen students' understanding of how to self-regulate, the lessons set out to teach students these skills: how to read others' facial expressions and recognize a broader range of emotions, perspective about how others see and react to their behavior, insight into events that trigger their less regulated states, and when and how to use tools and problem solving skills. The curriculum's learning activities are presented in 18 lessons. To reinforce the concepts being taught, each lesson includes probing questions to discuss and instructions for one or more learning activities. Many lessons offer extension activities and ways to adapt the activity for individual student needs. The curriculum also includes worksheets, other handouts, and visuals to display and share. These can be photocopied from this book or printed from the accompanying CD."--Publisher's website.

The Seven Principles for Making Marriage Work

[Harmony](#) Drawing on groundbreaking research into the dynamics of healthy relationships, a study of the basic principles that make up a happy, long-lasting marriage shares easy-to-understand, helpful advice on how to cope with such issues as work, children, money, sex, and stress. 35,000 first printing. Tour.

How to Parent Your Anxious Toddler

[Jessica Kingsley Publishers](#) Why does your toddler get upset when his or her routine is disrupted? Why do they follow you from room to room and refuse to play on their own? Why are daily routines such as mealtimes, bath time, and bed time such a struggle? This accessible guide demystifies the difficult behaviors of anxious toddlers, offering tried-and-tested practical solutions to common parenting dilemmas. Each chapter begins with a real life example, clearly illustrating the behavior from the parent's and the toddler's perspective. Once the toddler's anxious behavior has been demystified and explained, new and effective parenting approaches are introduced to help parents tackle everyday difficulties and build up their child's resilience, independence, and coping mechanisms. Common difficulties with bath time, toileting, sleep, eating, transitions, social anxiety, separation anxiety, and sensory issues are solved, along with specific fears and phobias, and more extreme behaviors such as skin picking and hair pulling. A must-read for all parents of anxious toddlers, as well as for the professionals involved in supporting them.

Monster Moods Cards

Helping Children to Talk About and Express Emotions and Feelings

Draw on Your Emotions Book and the Emotions Cards

[Routledge](#) Combined set of Draw on Your Emotions and The Emotions Cards. Draw on Your Emotions is a bestselling resource to help people of all ages express, communicate and deal more effectively with their emotions through drawing. Built around five key themes, each section contains a simple picture exercise with clear objectives, instructions and suggestions for development. The picture activities have been carefully designed to help ease the process of both talking about feelings and exploring life choices, by trying out alternatives safely on paper. This will help to create clarity and new perspectives as a step towards positive action. The second edition of Draw on Your Emotions contains a new section that explains how to get the most out of combining the activities in the book with these cards to encourage meaningful conversations and take steps towards positive action. The Emotion Cards are 48 emotive and artistic images designed to help people to review their emotions and their relationships in a meaningful and often transformative way. The cards are designed to capture the deeper truth of how people experience their life, offering poignant descriptions for what someone may be feeling. < The Emotion Cards are 48 emotive and artistic images designed to help people to review their emotions and their relationships in a meaningful and often transformative way. The cards are designed to capture the deeper truth of how people experience their life, offering poignant descriptions for what someone may be feeling.

Emotional Agility

Get Unstuck, Embrace Change, and Thrive in Work and Life

[Penguin](#) #1 Wall Street Journal Best Seller USA Today Best Seller Amazon Best Book of the Year TED Talk sensation - over 3 million views! The counterintuitive approach to achieving your true potential, heralded by the Harvard Business Review as a groundbreaking idea of the year. The path to personal and professional fulfillment is rarely straight. Ask anyone who has achieved his or her biggest goals or whose relationships thrive and you'll hear stories of many unexpected detours along the way. What separates those who master these challenges and those who get derailed? The answer is agility—emotional agility. Emotional agility is a revolutionary, science-based approach that allows us to navigate life's twists and turns with self-acceptance, clear-sightedness, and an open mind. Renowned psychologist Susan David developed this concept after studying emotions, happiness, and achievement for more than twenty years. She found that no matter how intelligent or creative people are, or what type of personality they have, it is how they navigate their inner world—their thoughts, feelings, and self-talk—that ultimately determines how successful they will become. The way we respond to these internal experiences drives our actions, careers, relationships, happiness, health—everything that matters in our lives. As humans, we are all prone to common hooks—things like self-doubt, shame, sadness, fear, or anger—that can too easily steer us in the wrong direction. Emotionally agile people are not immune to stresses and setbacks. The key difference is that they know how to adapt, aligning their actions with their values and making small but powerful changes that lead to a lifetime of growth. Emotional agility is not about ignoring difficult emotions and thoughts; it's about holding them loosely, facing them courageously and compassionately, and then moving past them to bring the best of yourself forward. Drawing on her deep research, decades of international consulting, and her own experience overcoming adversity after losing her father at a young age, David shows how anyone can thrive in an uncertain world by becoming more emotionally agile. To guide us, she shares four key concepts that allow us to acknowledge uncomfortable experiences while simultaneously detaching from them, thereby allowing us to embrace our core values and adjust our actions so they can move us where we truly want to go. Written with authority, wit, and empathy, Emotional Agility serves as a road map for real behavioral change—a new way of acting that will help you reach your full potential, whoever you are and whatever you face.

Color My Mood

A Cute Activity Journal for Tracking My Feelings

[Sterling Teen](#) This book is for coloring in each night: a space to feel feelings. Filled with a range of adorable kawaii style graphics, this simple journal allows for easy comparisons day by day, month by month, and year by year for a 5-year period. Illustrated by the popular Instagram artist Olive Yong behind "Bichi Mao" that lets tweens and teens track moods in a very simple way.

The Dialectical Behavior Therapy Skills Card Deck

52 Practices to Balance Your Emotions Every Day

The Daily Stoic

366 Meditations on Wisdom, Perseverance, and the Art of Living

[Penguin](#) From the team that brought you *The Obstacle Is the Way* and *Ego Is the Enemy*, a beautiful daily devotional of Stoic meditations—an instant *Wall Street Journal* and *USA Today* Bestseller. Why have history's greatest minds—from George Washington to Frederick the Great to Ralph Waldo Emerson, along with today's top performers from Super Bowl-winning football coaches to CEOs and celebrities—embraced the wisdom of the ancient Stoics? Because they realize that the most valuable wisdom is timeless and that philosophy is for living a better life, not a classroom exercise. The *Daily Stoic* offers 366 days of Stoic insights and exercises, featuring all-new translations from the Emperor Marcus Aurelius, the playwright Seneca, or slave-turned-philosopher Epictetus, as well as lesser-known luminaries like Zeno, Cleanthes, and Musonius Rufus. Every day of the year you'll find one of their pithy, powerful quotations, as well as historical anecdotes, provocative commentary, and a helpful glossary of Greek terms. By following these teachings over the course of a year (and, indeed, for years to come) you'll find the serenity, self-knowledge, and resilience you need to live well.

Emotional Contagion

[Cambridge University Press](#) A study of the phenomenon of emotion contagion, or the communication of mood to others.

Therapy Toolkit: Sixty Cards for Self-Exploration

Mind Tools for Managers

100 Ways to be a Better Boss

[John Wiley & Sons](#) The manager's must-have guide to excelling in all aspects of the job *Mind Tools for Managers* helps new and experienced leaders develop the skills they need to be more effective in everything they do. It brings together the 100 most important leadership skills—as voted for by 15,000 managers and professionals worldwide—into a single volume, providing an easy-access solutions manual for people wanting to be the best manager they can be. Each chapter details a related group of skills, providing links to additional resources as needed, plus the tools you need to put ideas into practice. Read beginning-to-end, this guide provides a crash course on the essential skills of any effective manager; used as a reference, its clear organization allows you to find the solution you need quickly and easily. Success in a leadership position comes from results, and results come from the effective coordination of often competing needs: your organization, your client, your team, and your projects. These all demand time, attention, and energy, and keeping everything running smoothly while making the important decisions is a lot to handle. This book shows you how to manage it all, and manage it well, with practical wisdom and expert guidance. Build your ideal team and keep them motivated. Make better decisions and boost your strategy game. Manage both time and stress to get more done with less. Master effective communication, facilitate innovation, and much more. Managers wear many hats and often operate under a tremendously diverse set of job duties. Delegation, prioritization, strategy, decision making, communication, problem solving, creativity, time management, project management and stress management are all part of your domain. *Mind Tools for Managers* helps you take control and get the best out of your team, your time, and yourself.

A Therapeutic Treasure Deck of Sentence Completion and Feelings Cards

The CBT Anxiety Solution Workbook

A Breakthrough Treatment for Overcoming Fear, Worry, and Panic

[New Harbinger Publications](#) You are stronger than your anxiety! In this important workbook, best-selling authors Matthew McKay, Patrick Fanning, and Michelle Skeen offer a breakthrough anxiety solution based in cognitive behavioral therapy (CBT) to help you understand and overcome your fears and worries, rather than try to avoid them. If you suffer from an anxiety disorder, you may try to avoid situations that cause you to feel worry, fear, or panic. You may even believe that terrible things will happen to you if you face the things that make you anxious. But avoidance isn't a long-term solution, and in the end it may result in more anxiety. This book shows you how the simple belief that you can endure your worries and fears—both mentally and physically—can be an extremely powerful treatment. Using a breakthrough approach combining proven-effective CBT and exposure therapy, this workbook helps you understand how worry and rumination drive anxiety, and offers practical exercises to help you adopt new habits of observing your thoughts, rather than accepting them as the "ultimate truth." You'll also develop mindfulness and self-soothing coping skills to help you manage anxiety in the moment, rather than avoid it. Over time these practices will show you that you are more powerful than your anxiety. If you've been stuck in a cycle of anxiety and avoidance, this workbook will help you make the changes you need to get your life back. This book has been selected as an Association for Behavioral and Cognitive Therapies Self-Help Book Recommendation—an

honor bestowed on outstanding self-help books that are consistent with cognitive behavioral therapy (CBT) principles and that incorporate scientifically tested strategies for overcoming mental health difficulties. Used alone or in conjunction with therapy, our books offer powerful tools readers can use to jump-start changes in their lives.

Willpower

Rediscovering the Greatest Human Strength

Penguin One of the world's most esteemed and influential psychologists, Roy F. Baumeister, teams with New York Times science writer John Tierney to reveal the secrets of self-control and how to master it. "Deep and provocative analysis of people's battle with temptation and masterful insights into understanding willpower: why we have it, why we don't, and how to build it. A terrific read." —Ravi Dhar, Yale School of Management, Director of Center for Customer Insights Pioneering research psychologist Roy F. Baumeister collaborates with New York Times science writer John Tierney to revolutionize our understanding of the most coveted human virtue: self-control. Drawing on cutting-edge research and the wisdom of real-life experts, Willpower shares lessons on how to focus our strength, resist temptation, and redirect our lives. It shows readers how to be realistic when setting goals, monitor their progress, and how to keep faith when they falter. By blending practical wisdom with the best of recent research science, Willpower makes it clear that whatever we seek—from happiness to good health to financial security—we won't reach our goals without first learning to harness self-control.

Feelings Blob Cards

Routledge Now with all new illustrations, the second edition of these bestselling cards continues to provide a tool to initiate discussion and reflection around feelings. The cards span a whole range of emotions- angry, happy, depressed, excited, confused- and can be used to get people talking about feelings in a fun and non-judgemental way. Blobs are a way to discuss issues in a deep, meaningful way and yet they can be understood by adults and children alike. People of all ages can relate to these appealing Blob characters; even young children can recognise when they start to feel like these 'funny people'. The accompanying activity cards suggest several different ways of using the cards with individuals or groups; including how to relate the feelings shown on the cards to ourselves and others, identify positive and negative feelings and act out these feelings.

Dictionary of Emotions

Words for Feelings, Moods, and Emotions

Are you feeling elated, or are you more enraptured? Are you a bit glum, or is it more like melancholy? The words we use to express emotions are as plentiful and nuanced as the feelings those words describe. Dictionary of Emotions: Words for Feelings, Moods, and Emotions is a comprehensive reference book of such terms. The book's accompanying definitions are based on the context of feeling and are intended to be a starting point to help shape an individual's interpretation of both the word and their experience. Psychologists, therapists, actors, authors, and those who are associated with these fields will find Dictionary of Emotions an invaluable communication tool. The book will help anyone seeking to enhance their emotional intelligence with a vocabulary of emotional awareness and expression.

The Incredible 5-point Scale

Assisting Students with Autism Spectrum Disorders in Understanding Social Interactions and Controlling Their Emotional Responses

AAPC Publishing Meant for children aged 7-13, this book shows how to work at problem behaviour such as obsessions or yelling, and move on to alternative positive behaviours.

365 Ways to Feel Better

Self-Care Ideas for Embodied Wellbeing

Grub Street Publishers 'This book will transform your life. Radical self-care in easy baby steps, what's not to love?' ~ Suzy Greaves, Psychologies Editor This is a fabulous book. So very well thought out, planned and executed and with a wonderful accessible yet respectful style. Buy yourself this book and sit down and devour it in the way that suits you best. Then buy a copy for someone else ~ Debra Jinks, co-author of Personal Consultancy: A Model for Integrating Counselling and Coaching_365 Ways to Feel Better_ offers simple but effective tools for each day of the year. Eve Menezes Cunningham integrates her background in coaching, counseling, yoga and other therapies to share practical tools for mind, body, heart and soul. With an overall aim of supporting people in feeling better in all areas of their lives, Eve encourages the reader to learn to trust in their own capacity to heal and feel better, with a playful approach to their self-care. From goal setting to inner child work, chakras to beneficial yoga poses, breath practices to psychological tools, meditation techniques to aura cleansing, this book offers a taste of a comprehensive range of mind-body tools to help you boost your health and well-being yourself. 365 Ways to Feel Better is for anyone who wants to boost their well-being in a holistic, side-effect-free way. Self-help fans will enjoy it but also, complementary therapists, energy workers, yoga instructors, therapists and yogis, counsellors, coaches and more.

Control Your Mind and Master Your Feelings

This Book Includes - Break Overthinking & Master Your Emotions

C-S Publication via PublishDrive Discover How to Master Your Inner Self: This Includes 2 Manuscripts at a Special Price- Breaking Overthinking & Master Your Emotions We oftentimes look towards the outside world to find the roots of our problems. However, most of the times we should be looking inwards. Our mind and our emotions determine our state of being in the present moment. If those aspects are left unchecked we can get easily overwhelmed and are left feeling unfulfilled every single day. This book contains 2 manuscripts designed to help you discover the best and most efficient way to control your thoughts and master your feelings. For a limited time, you can get these 2 manuscripts in 1 for a special price! In the first part of the bundle called "Breaking Overthinking" you will discover:

- How overthinking can be detrimental to your social life. - The hidden dangers of overthinking and what can happen to you if it's left untreated. - How to declutter your mind from all the noise of the modern world. - How overthinking affects your body, your energy levels, and your everyday mood. - How your surroundings affect your state of mind and what you NEED to do in order to break out of that state. - Bad habits we perform every day and don't even realize are destroying our sanity (and how to overcome them properly). - How to cut out toxic people from your life which cloud your judgment and make you feel miserable. The second part of the bundle called "Master Your Emotions" will teach you: - What our emotions actually are and what core emotions are responsible for everything we feel. - The importance of discovering your emotional map and how you can use it to improve your state of being. - When and if you should control your emotions or just be in the moment with them. - The dangers we face if we leave our emotions unchecked. - An easy to follow book structure where we take one emotion at a time. - Clear step by step guidelines and scenarios which you can relate to and allow you to understand each emotion that much better. - A bonus chapter which will cover the emotion most people tend to overlook. The journey to self-improvement must begin with self-acknowledgment. If you have the courage to start this journey and take control of your inner self, then scroll up and Order Now!

DBT® Skills Manual for Adolescents

[Guilford Press](#) From leading experts who have trained thousands of professionals in dialectical behavior therapy (DBT), this manual provides indispensable tools for treating adolescents with emotional or behavioral problems of any level of severity. Clinicians are guided step by step to teach teens and parents five sets of skills: Mindfulness, Distress Tolerance, Walking the Middle Path (a family-based module developed by the authors specifically for teens), Emotion Regulation, and Interpersonal Effectiveness. Designed for optimal clinical utility, the book features session outlines, teaching notes, discussion points, examples, homework assignments, and 85 reproducible handouts, in a large-size format for easy photocopying. Purchasers also get access to a Web page where they can download and print the reproducible materials. See also the authors' *Dialectical Behavior Therapy with Suicidal Adolescents* (with Marsha M. Linehan), which delves into skills training and other DBT components for those at highest risk.

Yoga for Your Mood Deck

52 Ways to Shift Depression and Anxiety

Self-Care

A Day and Night Reflection Journal (90 Days)

[Mandala Publishing](#) This guided journal encourages the cultivation of mindfulness and general well-being amid a busy modern lifestyle. *Self-Care: A Day and Night Reflection Journal* offers a space to commit to your self-care routine with intention and dedication—helping you develop positive thinking, overcome challenging and stressful experiences and negative emotions, and cultivate a general sense of well-being and a healthy lifestyle. This 90-day journal gives you a path to creating a habit of regular self-care that you can carry with you throughout your life. Immersed in your busy day-to-day activities, it's easy to forget to focus on the present and what's most important. This journal provides a place to record your thoughts and activities and consider how they affect your emotional and physical health. The journal is intended for those who want to foster deep reflection as well as for those who simply want to take better care of themselves. Having filled the journal with positive thoughts and routines, you will end up with a personal trove of wonderful reflections, which can be a source of positive inspiration at any time. Filled with delicate illustrations, this 90-day journal will help you integrate self-care and deep reflection into your life. Its 184 lined, acid-free pages made from archival paper take both pen and pencil nicely, and the back pocket is perfect for holding mementos.

Atomic Habits

An Easy & Proven Way to Build Good Habits & Break Bad Ones

[Penguin](#) The #1 New York Times bestseller. Over 4 million copies sold! *Tiny Changes, Remarkable Results* No matter your goals, *Atomic Habits* offers a proven framework for improving—every day. James Clear, one of the world's leading experts on habit formation, reveals practical strategies that will teach you exactly how to form good habits, break bad ones, and master the tiny behaviors that lead to remarkable results. If you're having trouble changing your habits, the problem isn't you. The problem is your system. Bad habits repeat themselves again and again not because you don't want to change, but because you have the wrong system for change. You do not rise to the level of your goals. You fall to the level of your systems. Here, you'll get a proven system that can take you to new heights. Clear is known for his ability to distill complex topics into simple behaviors that can be easily applied to daily life and work. Here, he draws on the most proven ideas from biology, psychology, and neuroscience to create an easy-to-understand guide for making good habits inevitable and bad habits impossible. Along the way, readers will be inspired and entertained with true stories from Olympic gold medalists, award-winning artists, business leaders, life-saving physicians, and star comedians who have used the science of small habits to master their craft and vault to the top of their field. Learn how to: • make time for new habits (even when life gets crazy); • overcome a lack of motivation and willpower; • design your environment to make success easier; • get back on track when you fall off course; ...and much more. *Atomic Habits* will reshape the way you think about progress and success, and give you the tools and strategies you need to transform your habits—whether you are a team looking to win a championship, an organization hoping to redefine an industry, or simply an individual who wishes to quit smoking, lose weight, reduce stress, or achieve any other goal.