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The Mood Repair Toolkit: Proven Strategies to Prevent the Blues from Turning into Depression

By David A. Clark

Guilford Publications. Paperback. Book Condition: new. BRAND NEW, The Mood Repair Toolkit: Proven Strategies to Prevent the Blues from Turning into Depression, David A. Clark, If you have trouble bouncing back from low moods or just feel stuck in the doldrums much of the time, renowned cognitive behavior therapist David A. Clark has a clear message: there are simple yet powerful steps you can take to feel better. This encouraging book presents 80 strategies you can use to reduce sadness, promote positive feelings of contentment and joy, and decrease your risk for full-blown depression. Vivid stories and concrete examples help you learn specific methods for: * Nipping negativity in the bud. * Making unhappiness less overwhelming. * Defusing self-criticism and rumination. * Boosting your energy and motivation for change. * Feeling more confident and hopeful every day. Using the practical tools in the book--forms, worksheets, and self-assessment quizzes--makes it easy to create and stick to a mood repair action plan. You can download and print additional copies of these tools as needed. The strategies that Dr. Clark provides are grounded in cutting-edge neuroscience and psychology research--and they work. Discover proven ways to start living a more satisfying and productive life.



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