

A NEW HARBINGER SELF-HELP WORKBOOK

The Cognitive Behavioral Workbook *for* Depression

SECOND EDITION

A STEP-BY-STEP PROGRAM

- Examine the causes & processes of your depression
- Personalize your plan to insulate yourself from depression
- Identify & overcome depressive thoughts & beliefs
- Manage situations & emotions that can trigger depression
- Make important lifestyle changes that can make you less prone to depression

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The Cognitive Behavioral Workbook for Depression: A Step-by-Step Program



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Cognitive behavioral therapy (CBT) is the most widely used treatment for depression for one basic reason: it works. The CBT program in this workbook has helped thousands of readers defeat the depressive thoughts and beliefs that keep them from enjoying lifestyle and feeling like themselves. Used alone or in conjunction with therapy, The Cognitive Behavioral Workbook for Unhappiness delivers evidence-based tools it is possible to confidently use to do better, feel better, and stop depression from returning. Discover effective ways to cope with feelings of stress, anxiousness, and anger • Avoid procrastinating and learn to anchor the positive changes you make to keep your progress “ Suggested by therapists nationwide, this workbook can help you bounce back again from depression, one solid stage at a time. This workbook also includes twenty-five bonus suggestions from depression professionals that may jump-start your recovery. Once you have your melancholy symptoms in order, you will value the additional info on preventing relapse that is special to this new edition. Contains worksheets and exercises that will help you: • Move forward from the unfavorable beliefs about yourself that keep you trapped in the depressive disorder cycle •Chock-full of the ready-to-use strategies you will have to help you feel great again. Through some worksheets and exercises, you’ll assess your depressive disorder and learn key abilities for overcoming it. Apply behavioral methods that therapists use making use of their clients, such as for example activity scheduling •intended to honor the life and function of Albert Ellis, the founder of rational emotive behavioral therapy (REBT). —Jon Carlson, PsyD, EdD, Distinguished Professor at Governors Condition University This reserve has received the prestigious accolade to be contained in the Albert Ellis Tribute Reserve Series—” REBT is one of the most widely-practiced therapies throughout the world and is the basis for cognitive-behavioral therapy and various other evidence-based techniques. These books provide proven-effective treatments and equipment to improve psychological well-being, while also supporting advancements in psychotherapy for the betterment of humanity.



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I don't have even enough words to create in detail on how highly I recommend this book This book generally is saving my entire life!!! I don't have even enough words to create in detail on how highly I would recommend this book. I'll resell or trade set for something simpler or simpler to follow. If you've battled depression for a long period of time or are new to the medical diagnosis, this book can significantly help you and assist you to turn your life back around. For me it was a waste of time and money. I have an analytical, solid details, type of personality! Did not help. The activities come with very little explanation and the illustrations weren't helpful! This book deals mainly with abstract ideas that I think would be better suited to people who possess a far more creative personality. I quit after working through the first 48 web pages of it. Cognitive Behavioral Therapy is usually the only method to go! Overly Intelligent, Dense Workbook This workbook is very dense with information. It seemed daunting at first, thinking about how big the publication is and all the things I will find out. I am a therapist and often grab workbooks to supplement chat therapy; Don't allow your depressive thoughts and feelings to regulate your actions. This book didn't work for me at all. I didn't actually give my client the activities because actually I couldn't quite understand them as a clinician. The workbook could possibly be useful for individuals trying to control depression on their own and are pretty high functioning. It certainly breaks down depression step by step and helps you to complete little goals, ultimately assisting you to place your triggers, disadvantages, and effectively curb them. Good but a bit intimidating That is a well-written workbook that you will probably find valuable if you are already familiar to CBT and so are looking for something a bit more insightful and scholarly than a few of the shorter, more popular books. As long as you can fully dedicate yourself to change and adhere to the exercises and easy to read and understand text, then you can stay on course out of depressed, unfavorable thinking and gain accurate internal peace, higher self-well worth and increased self-confidence. Start with something lighter and simpler to digest like one of the books by David Burns. My therapist recommended this book My therapist recommended this book, actually, we review it chapter by chapter. I would recommend buying a print version and that means you can't write directly into it, and may read all of the work tables correctly. I recommend this workbook for anybody who wants to escape negative thinking and be a far more positive and happy person. You must do the exercises the publication orders you to do! I have been using it in my counseling classes, and it did wonders. Nevertheless the exercises were too tough to accomplish on my own minus the help of a professional social employee. I'm no longer thinking negatively or sinking into a deep hole. EASILY find myself sinking, this publication has shown me methods to snap out of it quickly. I often wished to change my detrimental thinking and escape my depressed moods, but I by no means knew how. You can only get out of it whatever you placed into it. Should you have major depression and you're new to CBT you will likely find this reserve a bit intimidating and a bit too high brow. Life saving workbook This workbook has been just what I have needed. The readings were very good and informative Bought this with high hopes. The readings were extremely good and beneficial. I'm halfway through, and I have already sensed positive variations in my thinking patterns. As somebody amid depression the concepts were too tough to understand. I've already told friends and family about it. It isn't you. The workbook format of the book isn't very well suitable for kindles. Someone really stuck in depressed thoughts will probably become overwhelmed rather than helped. Probably the most helpful book about depression that you'll ever read This book provides in-depth, step-by-step strategies for defeating depression. The exercises and insights in this book are very much as opposed to prevailing counseling methods, which assume that should you merely talk about your

depression, it is going to resolve itself (and works more effectively at providing income for counselors than it really is at actually helping customers). But pacing myself, I am able to find out the concepts as gradually as I need to, to understand them in depth and to see it in myself. Not all of them is wonderful for every individual, however the reader is absolve to try any of them, to observe what really works for themselves. Depressed people often feel powerless. This publication is very empowering. This publication is founded on "Rational Emotive Therapy" (also known as "Cognitive Behavioral Therapy"). Nonetheless it is very practical, not theoretical. The basic idea is usually that you have enough control over your own thoughts and behaviors that you can break through the cycle of unhappiness by changing your considering processes, and changing the actions that you decide to pursue. If you want a book that will enable you to passively "feel good" without investing any work, this isn't for you personally. And I discover some commenter's stating that they didn't get anything from the reserve and it was a waste of time. This is an extremely helpful book. Don't listen to what major depression is telling you. Has all of the basics, however, not very user friendly It is just not organized as well for user friendliness. I'm only half method through and also have learned lots of valuable information and skills. In the beginning it indicates that it's intended as bibliotherapy (operating through problems by reading), but when you're depressed and struggling, it's difficult to complete. That just comes with the territory of major depression and chronic panic. Every page of this book contains helpful factors that you can ACTUALLY DO to fight your depression. There is a lot I possibly could say like you will learn to consider your thinking and emotions correctly. Or that depressive sensations aren't as oppressive as they 1st appear, and you could move out of depression forever. But basically keeping active is a fix for despair, and learning how exactly to examine yourself correctly, you will see the willingness to take the small steps everyday that you need inorder to conquer this. Great Buy! Well I'd propose that they halted and didn't have confidence in it because of their own depression. I got this one as an adult client found me with significant depressive disorder and I have a tendency to make use of CBT during classes. They're not really you. There is a treasure trove well worth of knowledge and equipment in this book. Three Stars I hear advantages of the book Four Stars She liked it Four Stars Well written, with lots of exercises



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