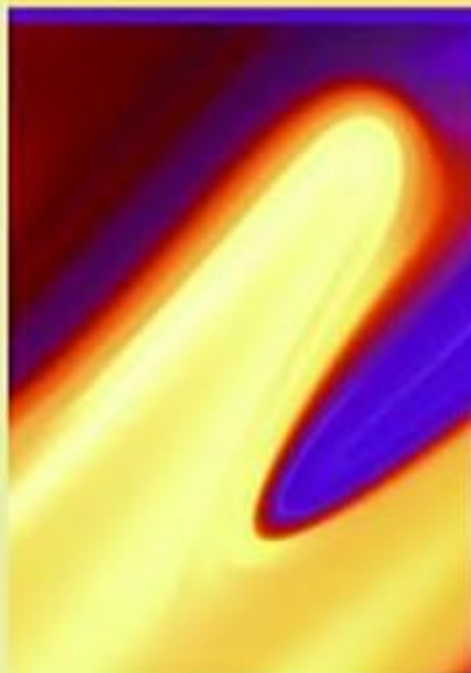


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The Adhd Workbook for Kids Helping Children Gain Self-Confidence, Social Skills, and Self-Control, Lawrence E. Shapiro, 2010, Family & Relationships, 173 pages. In The ADHD Workbook for Kids, an internationally-recognized child psychologist presents more than forty ten-minute games and activities children with ADHD can do to learn to

The Dialectical Behavior Therapy Skills Workbook for Bipolar Disorder Using DBT to Regain Control of Your Emotions and Your Life, Sheri Van Dijk, 2009, Psychology, 233 pages. Dialectical behavior therapy (DBT) has proven to be the most effective treatment for the mood swings and impulsive behavior symptomatic of bipolar disorder. This workbook

Don't Be Nice, Be Real , Kelly Bryson, , , . .

Whose Life Is It Anyway? When to Stop Taking Care of Their Feelings and Start Taking Care of Your Own, Nina W. Brown, Jul 1, 2002, , 172 pages. In Whose Life Is It Anyway?, psychologist Nina Brown helps readers evaluate their family ties and decide if they are so caught up in others needs that they neglect their own

How to Control Your Emotions , Loy B. Sweezy, May 1, 2008, , 92 pages. .

31 Words to Create a Guilt-Free Life Finding the Freedom to Be Your Most Powerful Self - A Simple Guide to Self-Care, Balance, and Joy, Karen Bouris, 2006, Self-Help, 97 pages. Feeling guilty is an emotion that never goes out of vogue, whether induced by eating a carton of ice cream or plopping the kids in front of the television. With essays and

SOS Help for Emotions Managing Anxiety, Anger, and Depression, Lynn Clark, 2002, Family & Relationships, 302 pages. We all have feelings, it's what we do with them that counts. Using the techniques and tools of cognitive behavioral approaches and Rational Emotive Behavioral Therapy, Lynn

Acquiring Competency and Achieving Proficiency with Dialectical Behavior Therapy, Volume 1 The Clinician's Guidebook, Cathy Moonshine, Ph.D., Jan 1, 2008, , 241 pages. This is designed to teach and assist you in using Dialectical Behavior Therapy. It focuses on the history, philosophy, dialectics, skills and additional tools to cement your

Your Destiny Switch Master Your Key Emotions, and Attract the Life of Your Dreams!, Peggy

McColl, Apr 15, 2008, Psychology, 187 pages. Your Destiny Switch isn't just another self-help book. It's a powerful concept and process that can consciously and creatively transform your life. You could call it a paradigm

Letting Go of Anger How to Get Your Emotions Under Control, Annie Chapman, Feb 1, 2010, Religion, 208 pages. For years musician and author Annie Chapman (Entertaining Angels, 10 Things I Want My Husband to Know) walked a tightrope. Outwardly calm, she felt anger seething behind her

A couple's guide to communication , John Mordechai Gottman, 1976, Family & Relationships, 220 pages. This book is designed to help couples with communication and that in turn will help their relationship both socially and sexually..

The Mindfulness and Acceptance Workbook for Anxiety A Guide to Breaking Free from Anxiety, Phobias, and Worry Using Acceptance and Commitment Therapy, John P. Forsyth, Georg H. Eifert, 2007, Body, Mind & Spirit, 267 pages. Building on the success of their book for professionals, leaders in the field of acceptance and commitment therapy (ACT) John Forsyth and Georg Eifert present this exciting and

Calming Your Anxious Mind How Mindfulness and Compassion Can Free You from Anxiety, Fear, and Panic, Jeffrey Brantley, 2007, Self-Help, 227 pages. Describes how the use of mindfulness and meditation practices can provide relief for anxiety and stress-related conditions and enhances one's health..

Controlling Your Emotions Before They Control You , Bob Phillips, Mar 1, 2001, Bible, 304 pages. The roller-coaster of emotional turmoil can be devastating. Fear, anger, and stress take their toll, and families are hurt, job performance suffers, and self-esteem plummets

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