



# Thoughts and Feelings: Taking Control of Your Moods and Your Life (A New Harbinger Self-Help Workbook)

By Matthew McKay PhD, Martha Davis PhD, Patrick Fanning

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**Thoughts and Feelings: Taking Control of Your Moods and Your Life (A New Harbinger Self-Help Workbook)** By Matthew McKay PhD, Martha Davis PhD, Patrick Fanning

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?

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## **Editorial Review**

### Review

“Chock-full of systematic strategies for the treatment of a wide variety of psychological problems. Eminently readable and helpful for professionals as well as patients.”

—Aaron T. Beck, MD, president of the Beck Institute for Cognitive Therapy and Research Psychopathology

“An outstanding book. I recommend it without reservation for both general readers and therapists. It stands apart from other similar books in its reliance on scientific data, not fad, hype, or mysticism.”

—Jacqueline B. Persons, PhD, director of the San Francisco Bay Area Center for Cognitive Therapy and clinical professor in the Department of Psychology at the University of California, Berkeley

“An excellent resource, reference tool, treatment manual, therapy coach, and compendium of techniques.”

—Arthur Freeman, EdD, ABPP, HSPP, president of the Freeman Institute for Cognitive Therapy and director of clinical training and supervision for the Center for Brief Therapy in Fort Wayne, IN

“One of the most comprehensive and empirically sound guidebooks in all of self-help literature. All of the major problems in living are covered.”

—Cory F. Newman, PhD, clinical director of the Center for Cognitive Therapy and associate professor of psychology in psychiatry at the University of Pennsylvania

“For professionals and the public, this wonderful workbook, like a wise teacher, can help make a positive difference.”

—Thomas F. Cash, PhD, professor emeritus of clinical psychology at Old Dominion University in Norfolk, VA

“A jewel of a book: supportive and empathetic, short on platitudes and long on practical applications. A must-buy for all cognitive behavioral therapists.”

—Thomas E. Ellis, PsyD, ABPP, professor of psychology at Marshall University in Huntington, WV

## About the Author

**Matthew McKay, PhD**, is a professor at the Wright Institute in Berkeley, California. He has authored and coauthored numerous books, including *The Relaxation and Stress Reduction Workbook*, *Self-Esteem*, and *Your Life on Purpose*. His books combined have sold more than three million copies. McKay received his PhD in clinical psychology from the California School of Professional Psychology. In private practice, he specializes in the cognitive behavioral treatment of anxiety and depression.

**Martha Davis, PhD**, was a psychologist in the department of psychiatry at Kaiser Permanente Medical Center in Santa Clara, CA, where she practiced individual, couple, and group psychotherapy for more than thirty years prior to her retirement. She is coauthor of *The Relaxation and Stress Reduction Workbook*.

**Patrick Fanning** is a professional writer in the mental health field. He is coauthor of many self-help books, including *The Relaxation and Stress Reduction Workbook*, *Self-Esteem*, and *The Self-Esteem Companion*.

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