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SOS Ayuda Con Las Emociones: Como Manejar la Ansiedad, la Ira, y La Depresion (Spanish Edition)

Lynn Clark

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SOS Ayuda Con Las Emociones - Como Manejar La Ansiedad, La Ira, Y La Depresion is a self-help book that is fun to read and easy to apply. To see SOS Videos and all SOS Books, click on (by Lynn Clark Author) just below to Main Title of this book. By understanding and applying insights and techniques from this book, you will learn useful self-help methods from cognitive behavior therapy. You will gain insight into changing your thoughts and feelings and for becoming more successful in attaining your goals. Knowing the five steps of Emotional Intelligence (EQ) will help you to deal with difficult people more effectively. Most people believe that bad events (such as a large credit card debt) and unpleasant people (an overly critical boss) directly cause high levels of anxiety, anger, depression and other miserable feelings. However, SOS teaches what we believe and tell ourselves about the bad events and those difficult people primarily determine our upsetness. When you believe that other people and bad events directly cause your emotions, how do you go about helping yourself to feel better? You cannot help yourself feel better. You are stuck in a rut if you believe that you must change other people or the world before you can feel better. Some people think getting very angry will cause others to change. However, others will not change as a result of your anger. Successful people find a way to change their anger into calmness and then to go about achieving their goals. SOS teaches you the steps for managing anxiety, anger, depression, and other unpleasant feelings. Our Beliefs and Self-Talk primarily cause our feelings and behavior and not bad events and difficult people. SOS teaches the reality that we are responsible for managing our feelings and behavior. SOS was updated in 2008 with the best self-help techniques from cognitive behavior therapy, the most effective form of modern therapy. Used internationally by adults, older teens, and counselors, SOS is available in 7 languages. Included are exercises, quizzes, 100 engaging illustrations, and accompanying free downloadable resources from the Publisher at SOS Programs. Visit the Amazon Lynn Clark author page to learn more.

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