

Assumptions That Affect Our Lives Christian Overman

In this second edition of *CBT Made Simple*, two renowned psychologists and experts in cognitive behavioral therapy (CBT) offer the most comprehensive manual available to help professionals learn CBT and deliver it to clients for better treatment outcomes. CBT is an evidence-based treatment for several mental health disorders, including anxiety, depression, obsessive-compulsive disorder (OCD), post-traumatic stress disorder (PTSD), and anger problems. This simple, pragmatic guide offers everything you need to know about CBT: what it is, how it works, and how to implement it in session. This fully revised and updated second edition of *CBT Made Simple* provides a user-friendly, practical approach to learning CBT using up-to-the-minute teaching methods and learning tools—in particular, the “effective adult learning model,” which promotes interactive learning, experiential learning, and self-reflection. Each chapter presents key elements of CBT in clear, accessible language, and includes client dialogues and clinical examples. Practical exercises are incorporated throughout, enabling you to practice and consolidate your learning. In addition, each chapter mimics the structure of an actual CBT session. This new edition also includes the core components of CBT—core beliefs, intermediate beliefs, and behavioral

experiments—to make this the most comprehensive CBT manual you'll find anywhere. If you are a clinician or student interested in learning more about CBT, this book—part of the New Harbinger Made Simple series that includes ACT Made Simple and DBT Made Simple—has everything you need to hit the ground running. Why not make it a part of your professional library?

Examining worldview assumptions is critically important to understanding the world and culture in which we live, knowing what to do, and how to "create culture." It is essential that Christ-followers be clear-thinking in these postmodern times. Contrasting the thinking of the ancient Greeks and ancient Hebrews will provide fresh ways to evaluate the messages that continually come our way.

*** Special Offer - Buy 1, Get 2 Books *** "People who say it cannot be done should not interrupt those who are doing it." - George Bernard Shaw Are you the creator of your own destiny and success? What I am about to share with you will blow you away, even if you think otherwise! I'll show you light, when there's no light and path, when there's no path. This is not some science fiction work, it's something most successful people won't tell you. It's time to reveal the secret and get the success you WANT! The only limitations are the ones we set on ourselves. Grab your copy now!

This book on family assessment integrates psychodynamic and systemic

perspectives in a unique way. U.S. and European authors draw from both perspectives and integrate their cultural backgrounds. In this book the family is evaluated on three levels: the individuals, the dyads and triads, and the family system. Interwoven with clinical examples, the first part discusses the importance of the initial interview, from the first contact with a family to goal setting and treatment planning. The second part presents the various clinical perspectives that underlie the three-level model. These perspectives include the family's contextual factors such as its stage in the family life cycle, its social world, and related areas such as parenting styles and behavior. Finally, the third part presents some clinical applications focusing on the use of family sculpting procedures as assessment tools. This family assessment book is a true integration of theoretical perspectives and international expertise, edited and written by leading family assessment researchers from the United States and Europe.

Loss and consequent grief permeates nearly every life changing event, from death to health concerns to dislocation to relationship breakdown to betrayal to natural disaster to faith issues. Yet, while we know about particular events of loss independently, we know very little about a psychology of loss that draws many adversities together. This universal experience of loss as a concept in its own

right sheds light on so much of the work we do in the care of others. This book develops a new overarching framework to understand loss and grief, taking into account both pathological and wellbeing approaches to the subject. Drawing on international and cross-disciplinary research, Judith Murray highlights nine common themes of loss, helping us to understand how it is experienced. These themes are then used to develop a practice framework for structuring assessment and intervention systematically. Throughout the book, this generic approach is highlighted through discussing its use in different loss events such as bereavement, trauma, chronic illness and with children or older people. Having been used in areas as diverse as child protection, palliative care and refugee care, the framework can be tailored to a range of needs and levels of care. Caring for people experiencing loss is an integral part of the work of helping professions, whether it is explicitly part of their work such as in counselling, or implicit as in social work, nursing, teaching, medicine and community work. This text is an important guide for anyone working in these areas.

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How Worldviews Determine Values that Influence Behavior and Shape Culture
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Become Your Own Therapist To Bring Resilience And Mindful Joy Into Your Stressful Life Do you feel drained because you're stuck in a never-ending loop of negative thoughts? Do you spend your nights overthinking the past and worrying about the future? Do you feel so overwhelmed by stress that you don't even know how to cope with life? Just go outside, they say. Go to therapy, they say. But what if the idea of going to therapy is itself a source of anxiety? What if you lack the energy to get out of bed, let alone make appointments, or go for a "refreshing" jog in the park? Terry Lindberg, a CBT psychologist with 30+ years of experience, knows exactly how you feel. And he's going to share his favorite tools for treating anxiety, depression, insomnia, anger issues, and many other mental health conditions - a set of methods and techniques known as CBT, or cognitive behavioral therapy. This book will help you: - Rewire your brain and break the evil spell of negative thoughts - Eliminate deep-seated negative beliefs in just 8 steps - Control your emotions with mindfulness techniques - Build resilience to stress and cope with difficult situations - Say goodbye to social anxiety and boost your confidence CBT literally empowers you to be your own therapist - while being easy to learn and implement. Your daily CBT exercises don't have to take more than a few minutes, but you'll feel their life-transforming effects almost immediately. And now, you can learn this powerful therapy for the

price of a single book. Scroll up, click on "Buy Now" and Start Healing Your Mind Right Now!

Visit the Book site for more information Many of us find ourselves stuck in the life and career maze, and the shortcut route to success often leads us to a dead-end. This book works as a navigator to guide us seamlessly through this maze with both a micro and macro view of every issue on the way. The book focuses on three key ideas: Self-mastery, Interpersonal Excellence and the World of Work. Introducing the right skills and capabilities in these three areas of life, professionals are primed for fast-tracking success. Using a non-jargon, no-nonsense approach, Bharat and Savita use their cumulative experience of over five decades in coaching and mentoring to help professionals navigate their way to success.

Why does the church teach? And what should it teach? In recent years, traditional Sunday school and education programs have declined in influence and effectiveness. Education in the church is often sidelined by other competing priorities, and our efforts become haphazard and random. As a result, many Christians have not learned the fundamental doctrinal content of the faith. As a response, a growing number of church ministries have moved toward an emphasis on Christian spiritual formation. But churches must hold together

education and formation, the teaching of the faith and the forming of the faithful. In this comprehensive text, Gary Parrett and Steve Kang attend to both the content and process of educational and formational ministries. They set forth a thoroughly biblical vision for intentional teaching of the Christian faith, with a holistic concern for what and whom is taught as well as how and why. Fully apprised of developments in educational theory and pedagogy, Parrett and Kang propose a core curriculum for recovering the full scope of Christian proclamation and reinvigorating the teaching ministry of the church. Their vision has implications not merely for catechesis, but for preaching, worship, children's and youth ministry, and much more. The body of Christ can become all that God intends it to be, through intentional practices that foster personal and corporate formation. Here is guidance for individuals and congregations on that journey. ISBN: 978-1-78605-049-6

This book is the second part of the two-part book *Readability - Birth of the Cluster* text, *Introduction to the Art of learning*, i.e. do not forget the first part! This book is the definitive guide to reading and learning - or to learn about philosophy, science, and pedagogy. After having read this book, you should have become a better reader and learner, and you should also know a little more about philosophy. Hence, this book could also be seen as a general introduction to

philosophy. It can be seen in its content: Part One (524 pages). 1. Reading instructions (25). 2. Pedagogical psychology and pedagogical points (87). 3. Power analytics - an initial relationship to Foucault (52). 4. Phenomenology and the birth of the cluster text (81). 5. Critical hermeneutics and knowledge about reading (102). 6. Micro power learning (learn how to write cluster text) and techniques of discipline (29). 7. Deconstruction and the text in society (62). 8. Positivism and the scientific method (63). Part Two (516 pages). 9. Philosophy, Morality, Knowledge (220). 10. The non-history of the cluster text (30). 11. Ars Legendi - reading and learning (125). 12. Introduction to Ars Discendi - Are texts wrongly written? (60). Appendix I, II and III. (60). This two-part book (1040 pages) is part of a bundle of books that you can use to learn about texts and reading. The others are *Are Texts Wrongly Written?* (130 pages, 2018), *Typographic Manual* (170 pages, 2021) and *Typographical Investigations* (450 pages, 2022?). The two shorter books can be seen as summaries of the two longer ones. Note, for all these books, that the cluster text style is not reflowable and that you need a screen where you can read a line length of 95 characters (i.e. narrow screens are inappropriate).

The *Culturally Inclusive Educator* asks educators to consider what they can do differently to create a welcoming, inclusive, and exciting environment for the 21st

century. Based on the author's national research and consulting work, this book examines the discrepancy between the current educational cultural climate and the need for educators and their institutions to prepare for a growing multicultural population. It asks what constitutes effective preparation, and provides guidance on overcoming personal and institutional challenges to cultural inclusiveness (stereotype threats, microaggressions, colorblindness/identity-blindness, implicit bias, among others). Samuels begins with the challenges facing the higher education community and then offers 8 transformative steps to help build cultural inclusiveness that any educator teaching any subject can utilize to increase their effectiveness. Culturally inclusive leadership is highlighted as the model for educators and institutions to embrace for success in today's world. Book Features: Diversity training and inclusiveness strategies for transforming curricula. Reflective practices that unearth personal biases and behaviors. Insights about faculty preparedness drawn from an unprecedented national study. Attention to specific issues and intersections of race, gender, sexual orientation, and disability. A lens for understanding cultural inclusiveness as a fundamental leadership practice. "Dena Samuels takes us straight to the heart of what is perhaps the most urgent and perplexing questions facing 21st-century educators: Are we prepared to work effectively with the rapidly increasing

diversity of our student population? She challenges us to confront the misperceptions of our own readiness and to examine the biases that lie beneath even our best intentions. The journey she guides us into is both profoundly discomfoting and absolutely necessary. This book provides the research and the tools for transforming ourselves and our practice; it is up to us to do the work.”

—Gary R. Howard, Equity and School Change Consulting “At last—an empathetic and inspiring book that says the way to educate all students more successfully is to awaken teachers’ higher awareness. Dena Samuels suggests a paradigm shift in which teachers, having seen the practices of exclusion that have been programmed into them, develop more inclusive awareness and learn to respect, hear, and ally with the growth and development of all students, including themselves.” —Peggy McIntosh, founder and senior associate, National SEED Project on Inclusive Curriculum

This book is based on stunning true stories about people of all ages in a wide variety of situations. The stories illustrate how unrecognized, incorrect assumptions can cause mistakes, misunderstandings, and tragic outcomes. Assumptions are interwoven into the very fabric of our lives. When we make an assumption we take something for granted. We accept it as fact. The stories also show our need to be respected and understood, the types of assumptions we

make, and how we can recognize assumptions before we make them. This is a book about us and how our assumptions affect us. The stories led to the book's title and chapter titles. Most chapters begin with stories. Some of the twenty-one chapter titles are: Urgent!; Tenacious Assumptions, Dogged Beliefs; Automatic Assumptions Can Mislead; Betrayed; Now Will You Listen; Our Doctors Need Our Stories; When We Are Patients; Hospitals; Recognizing Assumptions. Because medical errors are a serious problem, we, as patients, and our medical professionals need to be aware of incorrect assumptions that can compromise our care. Orlando has shown us how we can recognize assumptions and get the story right. Whether in health care or elsewhere, getting the story right can sometimes be crucial.

"The authors' approach to creating a transforming culture through use of foundations laid in the theoretical development of "Nursing As Caring" offers a solid foundation upon which to recalibrate and reconfigure toward a caring organizational health system." -Tim Porter-O'Grady, DM, EdD, APRN, FAAN, FACCWS Associate Professor, Leadership Scholar, College of Nursing and Healthcare Innovation, Arizona State University Clinical Professor, Leadership Scholar, College of Nursing, The Ohio State University This is a time-tested, practical guide for nurses and other healthcare professionals who wish to

transform their healthcare systems based on caring values and the promotion of intra- and inter-professional dialogue among stakeholders. It describes a theoretically grounded model created by nurses for transforming the culture of healthcare systems at all levels, and features tested strategies that facilitate accessibility, efficiency, effectiveness, and enhanced outcomes. At its most basic level, this model, the Dance of Caring Persons, expresses the fundamental beliefs and attitudes that each person in the healthcare system lives caring meaningfully in unique and valuable ways, and the contributions of each person to the whole of the enterprise have a significant place within it. The book features successful examples of how various units of the healthcare system can apply specific strategies to their inter- and intra-professional work, and how to engage and sustain authentic dialogue among and between stakeholders. Chapters feature information from a great variety of health professionals that represent a broad range of participants in healthcare. Detailed information is presented in a variety of formats ranging from formal written responses to chapter contents to transcriptions of small group conversations relating to the topic at hand. The book reflects the interests of such major stakeholders as patients and families, nurses, physicians and other primary and adjunctive care providers, ancillary service providers, administrators and managers, and all other individuals involved in the

many aspects of organizational models and delivery of health care and human resource functions and outcomes. Each chapter includes questions to consider and suggested resources to help with implementation of strategies. The text incorporates professional standards and essentials from the Joint Commission, ANCC, and AACN (DNP). Key Features: Presents a theoretically grounded, proven caring-based model for healthcare system change for all stakeholders across the continuum of care Provides practical strategies for transformation in all aspects of a healthcare system applicable across the range of health services Describes how healthcare system change happens, who initiates it, and how to sustain it through caring science Includes success stories from patients and their families, nurses, physicians, ancillary service providers, healthcare administrators, and others Promotes inter- and intra-professional dialogue and collaboration

An insightful analysis and impact assessment of the ways in which India is portrayed on different screens in the west This book examines the nuances of multiple images—cinema, TV, computer, and smartphones—that feed into the making of a new Indian narrative and showcase an India that is very different from the unilinear notion that used to exist a few decades ago. It elaborates on the critical role of the impressions formed in redefining how the Indian diaspora is

imagined and received in the West, which in turn impacts everyday experiences of Indians living there. Building on his earlier book *India through the Western Lens: Creating National Images in Film* (SAGE 1999), which focused primarily on films, Mitra expands his latest study to new media. Effectively, the book highlights the West's perception of India based on what is being projected through visual media.

Research tells us that 80% of the people who fail at work do so for one reason—they do not relate well to others. How well you and your colleagues work together can make the difference between a successful organisation or a poor one. In this *Top Tips for Interactive Skills in Business*, you will find succinct ways to travel this sometimes difficult but in the end, most satisfying road to success in communicating in business.

Includes a summary of objectives and a scope and sequence for the five most commonly used national achievement tests to help home schoolers prepare their children.

Strong, effective, and innovative leadership is critical for institutions of higher education, especially for Minority-Serving Institutions (MSIs). Indeed, research and examples have shown leadership instability among some types of MSIs, while discussions and research on effective leadership for other MSIs is noticeably absent from the extant literature. In this volume, noted experts, researchers, and leaders discuss opportunities and challenges for leadership across the full range of MSIs, while creating a dialogue on leadership models and best practices.

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Chapters explore issues at Historically Black Colleges and Universities (HBCUs), Hispanic Serving Institutions(HSIs), Tribal Colleges and Universities (TCUs), and Asian American and Native American Pacific Islander Serving Institutions (AANAPISIs). This book helps higher education and student affairs scholars and administrators unpack contemporary leadership issues and strategies, and synthesizes best practices to help MSI leaders increase the effectiveness and sustainability of their institutions.

It is not enough to read the Bible without understanding its cultural context. In *The Biblical World Through New Glasses*, Bishop Joey Johnson shows the ordinary Bible reader how they can understanding the culture of the first-century New Testament era and enrich their understanding of the whole Bible. Readers will uncover a new way of looking at Scripture, which will lead them to a more complete perspective on the culture in which Jesus Christ was born, lived, died, buried and rose again. "Study to show thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth." II Timothy 2:15 Promotes awareness of mind/body/spirit connection and provides techniques for healthier living.

*** Special Offer - Buy 1, Get 3 Books on Success and Personal Development*** Would you like to create an extraordinary business and life? In this special bundle, I am going to show you how the common sense is very uncommon. More specifically, you'll learn why most successful people today are doing exactly the opposite of what everybody else is doing, and how you can approach things differently to become one? 90% of what has been told about money, success, and happiness is widely misunderstood. Once you finish reading this bundle, you'll have clearer understanding of what you need to do in order to achieve your goals and personal

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ambitions. I'll show you light, when there's no light and path, when there's no path. This is not some science fiction work, it's something most successful people won't tell you. It's time to reveal the secret and get the success you WANT! The only limitations are the ones we set on ourselves. Grab your copy now!

Details the Bible-based homeschool teaching approach for parents, and discusses Christian education, learning styles, unit studies, bible study, and more.

Assumptions That Affect Our Lives traces the foundation of Western thought back to two opposing worldviews: the ancient Greeks, who fathered man-centered secularism, and the ancient Hebrews, who carried forward the revelation of God.

'The Path to Mystical Canyon' is a novel that ranges across an assortment of kidnappings, murders, mysteries, intrigues, rescues, problems, and relationships. The plot development, characterization, dialog, as well as the dramatic tension and resolution of this story are employed to induce readers to undertake a quest somewhat similar to that of the main character. It is a journey of opportunity to engage a set of important, interrelated issues of our times -- from: Native peoples, to: Terrorism, mythology, spirituality, ecology, alien abduction, and psychology.

This book explains how sweeping demographic changes have resulted in the ineffectiveness of recent monetary and fiscal policies, and it identifies corrective actions that will start to reverse the trends of low economic growth and widespread government deficits. • Spotlights how serious economic problems in the United States are the result of demographic changes many U.S. citizens don't yet recognize are occurring •

Documents how changing demography results from collective individual choice, a phenomenon that is occurring so rapidly and is having such a large impact that the nation is unable to respond to this change • Suggests radically different ways of thinking and of executing strategies to harness the power of collective individual choice and address the driving force behind sweeping demographic changes

Learning from Each Other includes 20 original chapters written by well-known experts in the field of teaching and learning. Conceived for both new and experienced faculty at community colleges, four-year institutions, and research-intensive universities, the volume also addresses the interests of faculty and graduate students in programs designed to prepare future faculty and campus individuals responsible for faculty professional development. With the aim of cultivating engagement amongst students and deepening their understanding of the content, topics covered in this edited volume include: employing the science of learning in a social science context understanding the effects of a flipped classroom on student success pedagogical techniques to create a community of inquiry in online learning environments the risks and rewards of co-teaching reaching and teaching "non-traditional" students facilitating learning and leadership in student team projects connecting students with the community through research issues of assessment, including backward design, developing and using rubrics, and defining and implementing the scholarship of teaching and learning

Through Learning from Each Other, all faculty who care about their teaching, but

especially faculty in the social sciences, can successfully employ curricular innovations, classroom techniques, and advances in assessment to create better learning environments for their students.

Addressing issues such as gender identity, abortion, technology, and poverty, Dr. Myers challenges readers to ask: How can an authentic Christian worldview provide a compassionate, effective witness in culture today? Dr. Myers first shows readers what they can learn from Christian history—and why today's issues might not be as new as they seem. Then he takes them through the significant topics that affect them every day, offering biblical ideas for conversing with others in an increasingly hostile culture. This capstone book to a groundbreaking worldview trilogy equips readers to apply a bold Christian witness to their relationships with loved ones, neighbors, and colleagues. The most respected and authoritative human sexuality college textbook available, Crooks/Baur/Widman's *OUR SEXUALITY*, 14th Edition has been meticulously revised and updated with the latest research findings and psychosocial developments. It also is the first college text to deliver cutting-edge and in-depth emphasis on the impact of politics on sexuality. Direct yet nonjudgmental, the text covers our sexuality in an accessible, straightforward manner as it explores the similarities of sexual and relationship matters across cross cultural boundaries and sexual orientation lines. With a focus on strengthening readers' self-awareness and sexual intelligence, the text is packed with exciting new research, personally relevant examples and practical

information on sexual health. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version. The nature of resilience and adaptation to change is brought to life in the critical experiences of people with disabilities.

How long has it been since you made an intentional decision that shaped your life? Did that decision draw you closer to God or lead you away from Him? This thought-provoking book unveils God's intentional decision to place us here, not so we could wander aimlessly, but to include us in what He is doing. As a result of this truth, where we live, how we live, and why we live become matters of great importance. Jesus lived intentionally. He was sent into the world and has already walked where we are to walk. He came to point the way to God, to save, and to serve. As a true Christ follower, we should have the same mission. Intentional Living will inspire you to begin applying this lifestyle philosophy by loving God with your whole being. Intentionally commit to think with God's mind, see through God's eyes, embrace God's personality, feel with God's heart, tell God's story, influence with God's light, and serve with God's strength.

"The only kind of Christianity in the New Testament is Christianity with power." If you are skeptical about--yet intrigued by--the issue of spiritual power for today, Charles Kraft provides a biblical, reasonable apologetic for a realm too often overlooked. He describes his own paradigm shift concerning the power of Jesus to heal and free

others, and explains persuasively why every Christian should be confronted with this "missing dimension." *Confronting Powerless Christianity* will inspire a more robust faith that is powerful enough to heal, to free people from emotional wounds and to bring about real life change.

These are the central questions of this book, a work that analyzes four ways that technology is understood."--BOOK JACKET.

Now in its sixth edition, *International Management Behavior* continues to help students develop the knowledge, perspective, and skills they need in order to conduct global business successfully. The combination of well-chosen, new and classic cases, as well as a completely revised text, provides excellent exposure to real-life management issues and a field-tested framework for understanding cross-cultural dynamics.

Elimination of the readings has provided for greater flexibility and customization. For the sixth edition, the structure of the book has been totally revised and the text thoroughly updated to Reflect the authors' recent experiences. Material in the original chapters has been expanded and there are new chapters on managing change in global organizations and one on managing global teams and networks. The concept of the global mindset is used as the integrating theme that establishes a framework for the book making it applicable at both individual/team and organization levels. This book continues its tradition and orientation about managing people from different cultures and managing global organizations to get effective results. "This is much more than a

new edition. It is a huge step forward. The strategy and culture chapters get in much closer to the small, focused details that make such a difference in implementation and that are so difficult to teach. Separating out personal integrity and corporate citizenship allows for a close examination of critical issues that are all too often glossed over. The expanded explanation of the MBI model works well.” Jeanne McNett, Assumption College

Surviving a traumatic experience is difficult and takes time to move on from, but this book makes the argument that with proper care and understanding, survivors can grow and reshape their lives in a positive way. For the past twenty years, pioneering psychologist Stephen Joseph has worked with survivors of trauma. His studies have yielded a startling discovery: that a wide range of traumatic events—from illness, divorce, separation, assault, and bereavement to accidents, natural disasters, and terrorism—can act as catalysts for positive change. Boldly challenging the conventional wisdom about trauma and its aftermath, Joseph demonstrates that rather than ruining one's life, a traumatic event can actually improve it. Drawing on the wisdom of ancient philosophers, the insights of evolutionary biologists, and the optimism of positive psychologists, *What Doesn't Kill Us* reveals how all of us can navigate change and adversity—traumatic or otherwise—to find new meaning, purpose, and direction in life.

Jon and Mindy Hirst take us on an allegorical ride into River Town, where we meet three neighboring communities with radically different ways of viewing the truth. The

encounter becomes an object lesson in worldview thinking.

Schell & Schell's *Clinical and Professional Reasoning in Occupational Therapy*, 2nd Edition offers up-to-date, easy-to-understand coverage of the theories and insights gained from years of studying how occupational therapy practitioners reason in practice. Written by an expanded team of international educators, researchers and practitioners, the book is the only work that goes beyond simply directing how therapists should think to exploring why and how they actually think the way they do when working with clients. The 2nd Edition offers a wide array of new chapters and a new, more focused four-part organization that helps Occupational Therapy students develop the skills they need to identify and solve challenges throughout their careers. Our suppositions about human nature colour everything from the way we bargain with a used-car dealer to our expectations about further conflict in the Middle East. Our assumptions about human nature underlie our reactions to specific events. Wrightsman designed this second edition of his book to enhance our understanding of many significant issues about human nature, including the relationship of attitudes to behaviour, the unidimensionality of attitudes and the influence of social movements on beliefs.

Expert Secrets – CBT & Emotional Intelligence: Here's the Perfect Solution If You Want to Overcome Negative Thinking, Stop Stressing Out, and Live Depression Free
Would you like to: - Control your anger better? - Stop being so anxious all the time? -

Take control of your emotions? We all want these things, but only emotional intelligence can help us get there! For the majority of people, emotions are a complete mystery. They give in into every feeling that overcomes them and end up wasting their time and energy. It's no wonder that's the case. The fact is, they don't teach us emotional intelligence in schools. Sure, developing practical skills is important, but if you don't know how to communicate and empathize, you won't get far in your job. Not to mention personal relationships - we all know how important EQ is in romantic endeavors. So what can be done? Are we left at the whim of emotions? No. Absolutely not. This book will teach you the root causes of emotions and strategies that you can apply to get rid of anger, depression, anxiety, stress, negativity, insecurity... Plus, you will learn how to apply cognitive behavioral therapy techniques to fix your mindset and improve your quality of life! Here's what you'll learn in this self-help mastery book: - Emotional Intelligence 101: Where do emotions come from, how to deal with them, and the 5 characteristics of EQ that you need to develop - EQ in the Workplace: Emotional Intelligence strategies to apply in communication with your bosses, colleagues, and management in order to make fast progress - Social and Personal Intelligence: How to improve your social skills and develop charisma with 6 strategies that will help you boost your EQ - CBT and Mindset: The 4 bulletproof tactics to develop a positive, can-do mindset and approach any obstacle in life with a problem-solving outlook and calmness Are you ready for the transformative powers of high-level EQ? Scroll Up,

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