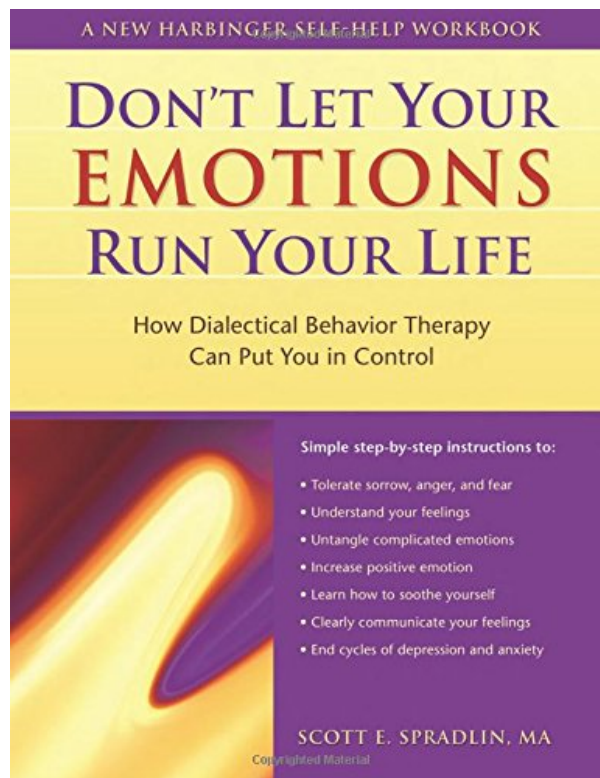
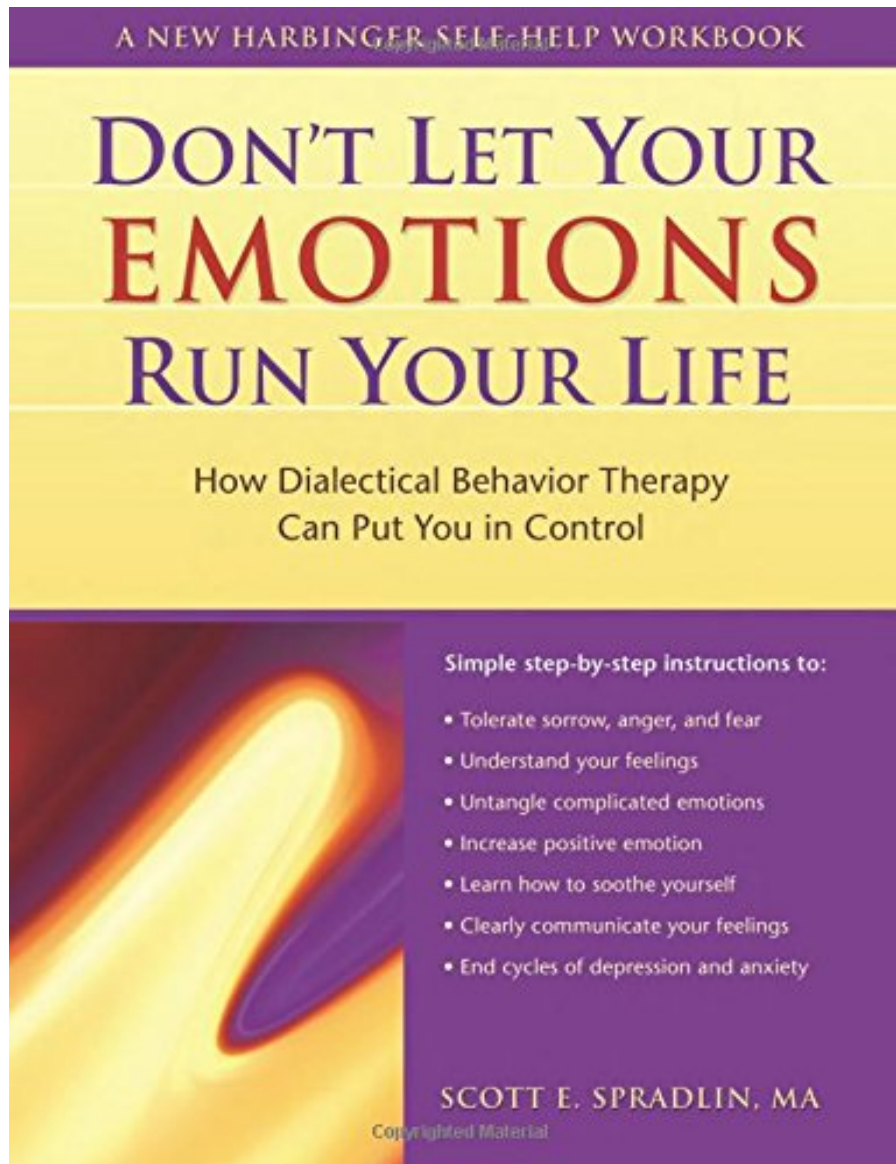


**DON'T LET YOUR EMOTIONS RUN YOUR
LIFE: HOW DIALECTICAL BEHAVIOR
THERAPY CAN PUT YOU IN CONTROL
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As we mentioned previously, the innovation assists us to always realize that life will certainly be always simpler. Reading publication *Don't Let Your Emotions Run Your Life: How Dialectical Behavior Therapy Can Put You In Control (New Harbinger Self-Help Workbook) By Scot* practice is additionally among the advantages to get today. Why? Modern technology can be used to give guide *Don't Let Your Emotions Run Your Life: How Dialectical Behavior Therapy Can Put You In Control (New Harbinger Self-Help Workbook) By Scot* in only soft data system that can be opened up whenever you desire and anywhere you require without bringing this *Don't Let Your Emotions Run Your Life: How Dialectical Behavior Therapy Can Put You In Control (New Harbinger Self-Help Workbook) By Scot* prints in your hand.

Review

From the Publisher

When we are regularly undone by our emotions, we become victims of damaged relationships, trapped circumstances, self-sabotage, and illness. In this breakthrough new workbook, a psychologist who has had amazing results treating patients with emotional problems, helps all of us gain the upper hand on our feelings and our lives.

Many of us know the helpless predicament of losing control of our emotions. We may not be clinically "crazy" but instead "high reactors," experiencing overpowering feelings that knock us off balance, plunge us into depression, make us fly off the handle, or terrify us without warning.

We can anticipate, understand, avoid and replace these "high reactions" by applying the methods of Dialectical Behavior Therapy (DBT). DBT is an eclectic mix of cognitive-behavioral techniques, skills training, Zen, and existentialism, that has been honed for the treatment of the highest reactors among us.

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The proven effective techniques contained in *Don't Let Your Emotions Run Your Life* help us anticipate, understand, avoid, and replace these "high reactions" by applying the methods of Dialectical Behavior Therapy (DBT). The therapeutic technique of DBT is an eclectic mix of cognitive behavioral techniques, skills training, and Buddhist wisdom. With worksheets, assessment exercises, and step-by-step guidance author Scott Spradlin translates the secrets of DBT for the rest of us. Step-by-step he'll show you how to eliminate overpowering feelings so that you may go on to tolerate life's ongoing stresses with a sense of calm co-existence with your emotions.

"Many people feel emotionally out of control—their overpowering feelings trap them in bouts of anger, depression, and panic. DBT is a proven, highly effective treatment to reduce the impact of painful emotions and increase the effect of positive ones. Therapists are lining up at workshops to learn the groundbreaking techniques this book can teach you. I strongly recommend this book."

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There's a wide spectrum of emotional sensitivity, and it varies from one person to another. Some people oscillate between over-control and over-expression. Others stuff or hide their emotions for months before they finally blow their stack and "stand up for them selves" through overly aggressive behaviors.

People diagnosed with borderline personality disorder (BPD) for example, are often emotionally sensitive, and may have problems with emotion dysregulation, but they aren't the only ones who have trouble with managing emotions—we all do. There have probably been times in each of our lives when we can remember not being in our "right mind."

When we are regularly undone by our emotions, we become victims of damaged relationships, trapped circumstances, self-sabotage, and illness. Don't Let Your Emotions Run Your Life offers help to all of us who want to gain the upper hand on our feelings and our lives. Even high reactors, people disposed to experiencing strong, even overwhelming emotions on a regular basis, will find its strategies easy to use and effective at managing frequent emotional flare-ups.

This book develops proven dialectical behavior therapy (DBT) techniques into worksheets, exercises, and assessments that show you how to pay attention to emotions when they arise, assess blocks to controlling them, and overcome them to eliminate overpowering feelings. Learn what emotional triggers exist in your environment and become less judgmental about yourself when you do experience a surge. Avoid or reduce the distress that strong emotions cause you. This workbook teaches you to reduce the impact of painful feelings and increase the effects of positive ones so that you can tolerate life's ongoing stresses and achieve a sense of calm coexistence with your emotions.

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Features

- Used Book in Good Condition

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- Matthew McKay, Ph.D., coauthor of The Relaxation & Stress Reduction Workbook and Thoughts & Feelings

Most helpful customer reviews

12 of 12 people found the following review helpful.

Very helpful

By X

Worked through the whole thing countless times for many of the exercises. Very informative and easy to understand, and also insightful. The author treats you like you are intelligent; you are not talked-down to nor does information seem overly dumbed-down like it does in many other psychology/self-help books.

I learned many very invaluable things from this workbook about why my emotions are the way they are, and how they work, and what it means. Also the exercises themselves are practical for the most part, and helpful. I literally would feel better after completing the exercises, instantly sometimes. Other times not instantly, but that's to be expected I think from anything in life.

As far as myself, I am NOT borderline or diagnosed with any mental illness; I am one of the people who simply felt they have at times unmanageable and overly painful emotions. I really appreciated about this book that the author accepts people like me as well. Many other books I looked at for help with emotions were so geared towards people with severe disorders that I started to fear I HAD borderline disorder simply because I have strong emotions. Not so.

I see from other reviews that there are people who DO have borderline who also found this workbook very helpful, and my opinion is that that signifies good things about the effectiveness and accuracy of the workbook. Seems to be helpful for a range of people and I think that's fantastic.

Did not give it 5 stars because unfortunately all of the work I put into it didn't seem to be permanent... I.E. don't go thinking that this is a magic cure. But it's very helpful, got me through some tough times, and if I were to go through it again I would probably try to incorporate certain exercises more slowly into daily habits in my life, for hopefully a more permanent effect.

2 of 2 people found the following review helpful.

Very Helpful

By AnnaW

Learning and applying the skills so thoughtfully written about in this book has helped me so much. I have a sense of mental and emotional control that I've never experienced before. I never realized I had any control over my emotions at all in fact. I'm still working on it, as I'm sure I always will, but my life is much better now. I really appreciate this book and it's author.

1 of 1 people found the following review helpful.

Great resource for therapy clients

By Kelly

I encourage many of my clients to purchase this book. Very helpful with emotional regulation and impulse control. Very user-friendly as well.

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