



# Take Charge of Your Emotions: Seven Steps to Overcoming Depression, Anxiety, and Anger

*Dr. Linda J. Solie*

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**Do you sometimes have emotions you can't explain or don't want?**

You are not alone--and there is help. Whether you are challenged with significant bouts of depression or anxiety, periods of longstanding emotional pain, frequent temper flare-ups, or only an occasional unwelcome mood, *Take Charge of Your Emotions* is relevant to your life.

Psychologist Linda Solie guides you through seven steps to dealing with negative or destructive feelings. You will learn and practice time-tested skills that offer relief from painful emotions, including how to

- Identify exactly what you are feeling
- Understand the connection between your thoughts, feelings, and behaviors
- Choose new ways to think that produce emotional and behavioral change

No matter where you are emotionally or what you are dealing with, you *can* change the way you feel and behave. With nearly thirty years of hands-on cognitive/behavioral experience, Dr. Solie provides tools designed to help you find freedom and joy.

"This book gives you a road map to the life you've always wanted."--Dr. Kevin Leman

"Dr. Solie merges solid psychological tools with the Christian faith, teaching readers practical skills for finding relief from emotional pain."--Harold G. Koenig, MD, Director, Center for Spirituality, Theology and Health Professor of Psychiatry & Behavioral Sciences, Associate Professor of Medicine, Duke University

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The guide untitled Take Charge of Your Emotions: Seven Steps to Overcoming Depression, Anxiety, and Anger is the publication that recommended to you to learn. You can see the quality of the guide content that will be shown to anyone. The language that writer use to explained their ideas are easily to understand. The writer was did a lot of exploration when write the book, to ensure the information that they share to you personally is absolutely accurate. You also can get the e-book of Take Charge of Your Emotions: Seven Steps to Overcoming Depression, Anxiety, and Anger from the publisher to make you considerably more enjoy free time.

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People live in this new day of lifestyle always attempt to and must have the spare time or they will get great deal of stress from both way of life and work. So , once we ask do people have time, we will say absolutely sure. People is human not only a robot. Then we ask again, what kind of activity do you possess when the spare time coming to a person of course your answer will certainly unlimited right. Then ever try this one, reading publications. It can be your alternative with spending your spare time, the book you have read is usually Take Charge of Your Emotions: Seven Steps to Overcoming Depression, Anxiety, and Anger.

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