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Mind Over Mood, Second Edition: Change How You Feel by Changing the Way You Think: Greenberger, Dennis, Padesky, Christine A., Beck, Aaron T.: 9781462520428: Books - Amazon.ca

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(Chapter 3 from Mind Over Mood by Dennis Greenberger and Christine A. Padesky) 19 :: 2. STARTING OUT AND HOW TO KEEP GOING IF YOU FEEL STUCK (Chapter 1 from Overcoming Depression and Low Mood by Chris Williams) 37 :: 3. UNDERSTANDING FEAR AND ANXIETY (Chapter 1 from Worry Less, Live More by Susan M. Orsillo and

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Christine A. Padesky, PhD, a clinical psychologist, is cofounder of the Center for Cognitive Therapy in Huntington Beach, California, and coauthor of five books, including the bestselling self-help resource Mind Over Mood, Second Edition. Dr. Padesky is a recipient of the Aaron T. Beck Award for significant and enduring contributions to the field of cognitive therapy from the Academy of ...

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