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Sos Help For Emotions Managing

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SOS Help For Emotions: Managing Anxiety, Anger, And ...

SOS Help For Emotions: Managing Anxiety, Anger, And Depression is a self-help book that is fun to read and easy to use. SOS teaches you the steps for managing anxiety, anger, depression, and other unpleasant feelings.

SOS Help for Emotions: Managing Anxiety, Anger, and ...

Using the techniques and tools of cognitive behavioral approaches and Rational Emotive Behavioral Therapy, Lynn Clark can help anyone learn to manage their troublesome emotions for a happier, more peaceful life. SOS Help for Emotions teaches adult readers what to do to manage feelings in ways that don't get them in trouble or hurt others.

SOS Help for Emotions: Managing Anxiety, Anger, and ...

SOS Help For Emotions - Managing Anxiety, Anger, And Depression (Revised 2014) 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 the Main Title of this book.

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SOS teaches the reality that we are responsible for managing our feelings and behavior. SOS was updated in 2014 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 including Spanish.

SOS Help For Emotions: Managing Anxiety, Anger ...

SOS Help for Emotions: Managing Anxiety, Anger, and Depression. We all have feelings, it's what we do with them that counts. Using the techniques and tools of cognitive behavioral approaches and Rational Emotive Behavioral Therapy, Lynn Clark can help anyone learn to manage their troublesome emotions for a happier, more peaceful life. SOS Help for Emotions teaches adult readers what to do to manage feelings in ways that don't get them.

SOS Help for Emotions: Managing Anxiety, Anger, and ...

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