

Thoughts & Feelings

Taking Control of Your
Moods and Your Life



A WORKBOOK OF COGNITIVE
BEHAVIORAL TECHNIQUES FOR

Relaxation · Worry Control

Coping with Panic · Ending Depression

Getting Mobilized · Stopping Unwanted Thoughts

Changing Your Habits · Overcoming Phobias · Problem Solving

Changing Limited Thinking · Stress Inoculation

Testing Core Beliefs · Controlling Anger

Healing Your Past

Matthew McKay, Ph.D. · Martinus D. Davis, Ph.D. · Patrick Fanning

Thoughts And Feelings Taking Control Of Your Moods And Your Life

Mark Steyvers



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