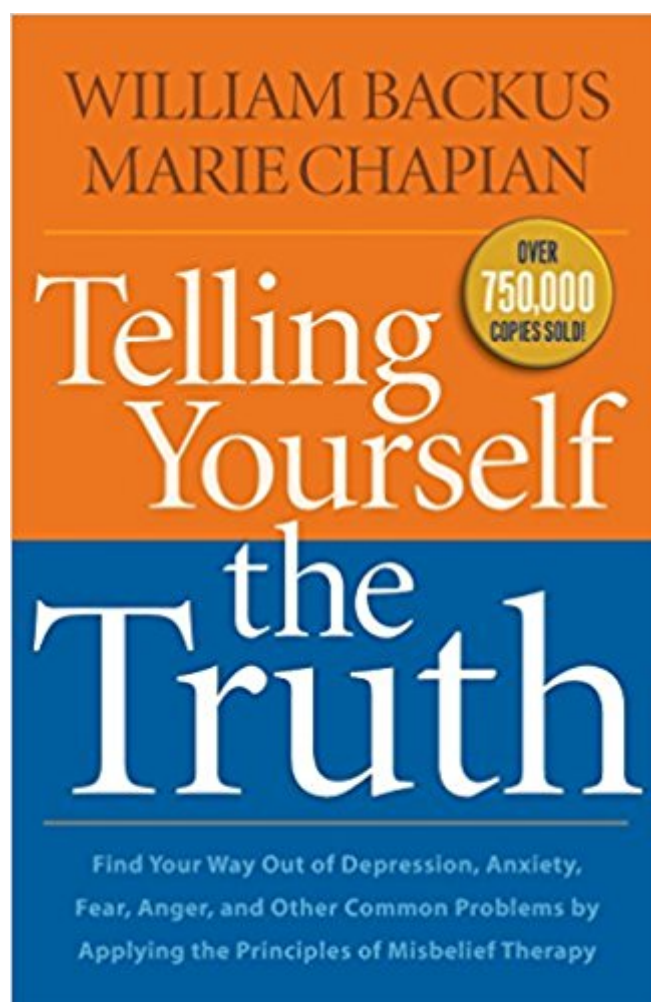


The book was found

# Telling Yourself The Truth: Find Your Way Out Of Depression, Anxiety, Fear, Anger, And Other Common Problems By Applying The Principles Of Misbelief Therapy





## Synopsis

Find your way out of depression, anxiety, fear, anger, and more by applying the principles of Misbelief Therapy. Learn how to handle emotions properly.

## Book Information

Paperback: 240 pages

Publisher: Bethany House Publishers (January 21, 2014)

Language: English

ISBN-10: 0764211935

ISBN-13: 978-0764211935

Product Dimensions: 5.5 x 0.6 x 8.5 inches

Shipping Weight: 13.1 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 223 customer reviews

Best Sellers Rank: #27,042 in Books (See Top 100 in Books) #31 in Books > Christian Books & Bibles > Ministry & Evangelism > Counseling & Recovery #45 in Books > Health, Fitness & Dieting > Mental Health > Mood Disorders #46 in Books > Health, Fitness & Dieting > Mental Health > Anxiety Disorders

## Customer Reviews

The truth will set you free! I dropped the ball and feel like a failure as a parent/spouse/friend, or, I lost my job; I am useless. This is negative self-talk at its finest. Negative thinking produces negative emotions, negative reactions, and negative behavior. Don't be a victim of circumstances; self-destroying lies will keep you from achieving true happiness. But true happiness is possible if you stop believing your lies. The authors explain Misbelief Therapy, a life-changing method, in an easy-to-understand way. Learning to deal with your thoughts, they say, is the first step to healthy thinking. They'll help you stop the misbelief, I'm so lonely and miserable, and replace it with the truth: I'm alone, but not lonely. God loves me with an everlasting love, and I am invaluable to Him. Once you pull the negative thoughts out and replace them with the truth, you will see that you can lead a satisfying and fulfilling emotional life. Based on the Bible, Telling Yourself the Truth has continuously helped thousands of people for more than thirty years. This newest edition now includes a helpful study guide.

William Backus, PhD, founded the Center for Christian Psychological Services. Before his death in 2005, he was a licensed clinical psychologist and an ordained Lutheran clergyman. He wrote many

books, including *What Your Counselor Never Told You*.

This book is very enlightening. The foundation of the author's belief system is Christianity, and there are a few scriptural references, but anyone seeking help could benefit from the truths stated in this book. I read it all the way through and plan to read it again with a highlighter in hand. The author is an experienced therapist, not just someone with a few ideas. If you have trouble with self esteem, relationships, addictions, depression, or the other common problems that seem to bother a great many of us, you could find help in this book.

Excellent book! Reminds me of a book called "Happiness Is a Choice", hated the title when I first saw it, but having reread it servreal time. found it to be a life changer. Read both if you are in need of a change.

This book presents some good categories to highlight what beliefs or lies might be controlling our lives. It is a bit simplistic in its approach, but it helps one think through all the different areas in their lives where their belief structures are impacting their actions and attitudes.

This book is very eye opening and identifies the lies we tell ourselves and their impact very accurately, but also provides very practical and biblical suggestions on how to deal with them in order to live a more productive, satisfying, and godly life. I enjoyed reading this book and look forward to implementing the practices into my own behavior.

Great book! It has helped me learn the steps to be more confident in Gods word about me! I can overcome depression!

Used this book for a bible study, great book to study on how to improve from getting negative thoughts.

This is THE MOST HELPFUL book I have read. When you are desperate enough with your situation to let go of your preconceived ideas about how things are and should be...this book will help guide you into life changing truths. It is Christian but not preachy, and it offers practical answers to life's problems. I keep it on my nightstand and re-read portions every few days. What a Godsend!

I am always looking for answers and looking inward and I love this book. It has given me lots of lightbulb moments and makes my brain whirl with new ideas. Great read for those that seek to find new ways of thinking or being.

[Download to continue reading...](#)

Telling Yourself the Truth: Find Your Way Out of Depression, Anxiety, Fear, Anger, and Other Common Problems by Applying the Principles of Misbelief Therapy  
Depression: The Depression Cure: The 11-Step Program to Naturally Beat Depression For Life (depression cure, depression books, depression and anxiety, ... emotional intelligence, mood disorders)  
Depression Treatment Naturally & Depression Self Help: 21 Non-Medical Depression Cures To Stay Happy For Life (depression cure, postpartum depression, ... depression self help, depression free)  
Anxiety: Anxiety Cure Secrets: 10 Proven Ways To Reduce Anxiety & Stress Rapidly (BONUS- 30minute Anxiety Coaching Session- Anxiety Cure, Become Free, 10 simple ways)  
Binding the Spirit of Fear, Worry and Depression: Divine Revelations and Powerful Prayers to Bind and Cast Out Fear, Worry, Depression & Panick Attacks from Your Life  
Permanently Change Your Brain, Change Your Life (Revised and Expanded): The Breakthrough Program for Conquering Anxiety, Depression, Obsessiveness, Lack of Focus, Anger, and Memory Problems  
Telling Fortunes With Palmistry: Learn the Art of Palmistry and Begin Fortune Telling (The Fortune Telling Series Book 1)  
Self-Administered EMDR Therapy: Freedom from Anxiety, Anger and Depression  
Teen Depression: A Parent's Guide for Recognizing the Signs of Teenage Depression and Helping Your Child Find Happiness Again ~ ( Help for Depression in Teens )  
Beyond Anger: A Guide for Men: How to Free Yourself from the Grip of Anger and Get More Out of Life  
Postpartum Depression Cure: The Self-Help Guide To Overcome Depression After Childbirth (Post partum anxiety, Post partum weight loss, Post partum depression)  
Depression: Stop Dying & Start Living: Social Anxiety, Insecurities, Fear, & Depression Cure  
Separation Anxiety: A Parent's Guide for Dealing with a Child's Separation Anxiety ~ ( Separation Anxiety Disorder | Separation Anxiety in Children or Toddlers )  
CBT Worksheets for Teenage Social Anxiety: A CBT workbook to help you record your progress using CBT for social anxiety. This workbook is full of ... CBT therapy and CBT books on social anxiety.  
Change Your Brain, Change Your Life: The Breakthrough Program for Conquering Anxiety, Depression, Obsessiveness, Anger, and Impulsiveness  
Anger Management: 7 Steps to Freedom from Anger, Stress and Anxiety  
The Mindfulness and Acceptance Workbook for Social Anxiety and Shyness: Using Acceptance and Commitment Therapy to Free Yourself from Fear and Reclaim Your Life (New Harbinger Self-Help Workbook)  
Unfuck Your Brain: Using Science to Get Over Anxiety, Depression, Anger, Freak-Outs, and Triggers  
The Anger Workbook for Women: How to

Keep Your Anger from Undermining Your Self-Esteem, Your Emotional Balance, and Your Relationships (New Harbinger Self-Help Workbook) How to Handle Your Emotions: Anger, Depression, Fear, Grief, Rejection, Self-Worth (Counseling Through the Bible Series)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)