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# Therapie Tools Selbstmitgefühl Mit E Book Inside

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## **CARDENAS CROSS**

*Therapie-Tools  
Selbstmitgefühl* Routledge  
Mindfulness is the elementary human aptitude to feel own presence, i.e., being conscious of the point of the existence of self and the corresponding boundary of performance, posing complete rejection to the undue recognition or excessive activities, revolving around alarmingly. Awakening to

the 3-pronged internal functional structure of the physical, mental and spiritual processes, lying dormant in an individual is the prime objective of mindfulness. Mindfulness is naturally present in a person's mind and soul, but it warrants a steadfast practice and exertion that should be included in daily chores. Then only, this abstract element can be viewed as a tangible object and mindfulness will complete its full circle. Sometimes, knowledge is taken as lessons of what a person observes straight

through senses or thoughts and perceptions. This indicates that a particular person is mindful. Experiments are always on the path of an impulsive run in displaying that an individual is reshaping the brain's physical framework when the brain is educated to be mindful. *Mindfulness Meditation for Everyday Life* New Harbinger Publications  
CBT is a proven and effective approach to mastering your thoughts, and here the authors of Cognitive Behavioural

Therapy For Dummies show you step-by-step how to put the lessons of their book into practice. Inside you'll find a huge number of hands-on exercises and techniques to help you remove roadblocks to change - whether you're seeking to overcome anxiety and depression, boost self-esteem, lose weight, beat addiction or simply improve your outlook in your professional and personal life - and regain control over your life. Rhena Branch and Rob Willson are CBT therapists

at the Priory Clinic in London, and the authors of Cognitive Behavioural Therapy For Dummies. Emotionen in der systemischen Therapie IntroBooks Self-compassion is a powerful inner resource. More than a thousand research studies show the benefits of being a supportive friend to yourself, especially in times of need. This science-based workbook offers a step-by-step approach to breaking free of harsh self-judgments and impossible standards

in order to cultivate emotional well-being. In a convenient large-size format, this is the first self-help resource based on the authors' groundbreaking 8-week Mindful Self-Compassion program, which has helped tens of thousands of people around the globe. Every chapter includes guided meditations (with audio downloads); informal practices to do anytime, anywhere; exercises; vivid examples of people using the techniques to address different types of

challenges (relationship stress, weight and body image issues, health concerns, anxiety, and more); and empathic reflection questions. Working through the book, readers build essential skills for personal growth based on self-care--not self-criticism. See also *The Mindful Path to Self-Compassion*, by Christopher Germer, which delves into mindful self-compassion and shares moving stories of how it can change lives. **Plan Analysis** Springer

This empirically robust resource examines multiple ways mindfulness can be harnessed to support self-regulation, in part as a real-world component of therapy. Its authoritative coverage approaches complex mind/brain connections from neuroscience, cognitive, personality, social, clinical, and Buddhist perspectives, both within and outside traditional meditation practice. In domains such as letting go of harmful habits and addictions, dealing with depression

and anxiety, regulating emotions, and training cognitive function, contributors show how mindfulness-based interventions encourage and inspire change. In addition to scientific coverage, experts translate their methods and findings on mindfulness mechanisms in terms that are accessible to students and clinicians. Included in the *Handbook: Mindfulness and its role in overcoming automatic mental processes* Burning issues in dispositional

mindfulness research Self-compassion: what it is, what it does, and how it relates to mindfulness Mindfulness-based cognitive therapy and mood disorders Mindfulness as a general ingredient of successful psychotherapy The emperor's clothes: a look behind the Western mindfulness mystique Heralding a new era of mind/brain research--and deftly explaining our enduring fascination with mindfulness in the process--the Handbook of Mindfulness and Self-

Regulation will enhance the work of scholars and practitioners. Hakomi Mindfulness-Centered Somatic Psychotherapy: A Comprehensive Guide to Theory and Practice Peeters Pub & Booksellers Yoga and Eating Disorders bridges the knowledge and practice gaps between mental health providers and yoga practitioners who work with clients suffering from disordered eating. Combining the wisdom of 20 experts in eating disorders treatment and

yoga practice, editors Carolyn Costin and Joe Kelly show how and why yoga's mind-body connection facilitates treatment and recovery. This invaluable resource for mental health and yoga professionals, as well as individuals and family members struggling with eating disorders, explores the use yoga in therapy, ways yoga teachers can recognize and respond to disordered eating, recovery stories, research into yoga's impact on symptoms, and much

more.

*Integrative Beratung*  
Harmony

The mental well-being of children and adults is shockingly poor. Marc Brackett, author of *Permission to Feel*, knows why. And he knows what we can do. "We have a crisis on our hands, and its victims are our children." Marc Brackett is a professor in Yale University's Child Study Center and founding director of the Yale Center for Emotional Intelligence. In his 25 years as an emotion scientist, he has

developed a remarkably effective plan to improve the lives of children and adults – a blueprint for understanding our emotions and using them wisely so that they help, rather than hinder, our success and well-being. The core of his approach is a legacy from his childhood, from an astute uncle who gave him permission to feel. He was the first adult who managed to see Marc, listen to him, and recognize the suffering, bullying, and abuse he'd endured. And that was the

beginning of Marc's awareness that what he was going through was temporary. He wasn't alone, he wasn't stuck on a timeline, and he wasn't "wrong" to feel scared, isolated, and angry. Now, best of all, he could do something about it. In the decades since, Marc has led large research teams and raised tens of millions of dollars to investigate the roots of emotional well-being. His prescription for healthy children (and their parents, teachers, and schools) is a system

called RULER, a high-impact and fast-effect approach to understanding and mastering emotions that has already transformed the thousands of schools that have adopted it. RULER has been proven to reduce stress and burnout, improve school climate, and enhance academic achievement. This book is the culmination of Marc's development of RULER and his way to share the strategies and skills with readers around the world. It is tested, and it works.

This book combines rigor, science, passion and inspiration in equal parts. Too many children and adults are suffering; they are ashamed of their feelings and emotionally unskilled, but they don't have to be. Marc Brackett's life mission is to reverse this course, and this book can show you how. Mindfulness and Psychotherapy Watkins Media Limited  
Gehörst du zu den Menschen, die einfach mehr empfinden als andere? Hochsensible

besitzen ein tiefes Verständnis für zwischenmenschliche Zusammenhänge. Das bringt viele Herausforderungen im Leben mit sich: "Du bist viel zu sensibel!" - wer diesen schnell dahin gesagten Satz öfter hört, kommt automatisch ins Grübeln. Scham und das Gefühl, dass irgendetwas nicht in Ordnung ist mit der eigenen Persönlichkeit, sind die Folgen. Schnelle Müdigkeit, der Drang alleine zu sein und die Tendenz, sich den ganzen

Tag ins Bett zu flüchten - wer nur auf diese Weise wieder seine Akkus aufladen kann, zählt zu der Gruppe der hochsensiblen Menschen. Hochsensible sind ein Magnet für die Probleme ihrer Mitmenschen. Viele kommen gerne und suchen Rat und ein offenes Ohr. Gleichzeitig können Hochsensible nicht guter Stimmung sein, wenn Ihr Gegenüber schlecht drauf ist. Trauer, Schmerz und Wut, die andere empfinden, sind für hochsensible Menschen oft

unerträglich. Ein feines Gespür für Musik und Kunst - das ist ebenfalls typisch für hochsensible Persönlichkeiten. Sie nehmen Abstand von Filmen mit zu viel Action und Gewalt. Das Leiden in der Welt bewegt sie stark. Daher gestalten sie ihr Leben gerne so, dass sie mit überfordernden Situationen möglichst wenig konfrontiert werden. Wenn du dich in einem oder mehreren Punkten erkennst, ist das kein Grund zur Sorge. Hochsensibilität ist keine Krankheit. Ganz im

Gegenteil. Wenn du dich auf die Reise begibst, um dein Innenleben besser zu verstehen, wirst du erkennen, dass du ein echtes Geschenk erhalten hast. Denn richtig genutzt, wird dein Leben durch die Hochsensibilität bunter, erfüllter und facettenreicher. Das weiß niemand besser als Katrin Winter. Die psychologische Beraterin ist selbst hochsensibel und hilft Menschen dabei, die ganz persönliche Gabe als Wunder zu betrachten und so einzusetzen, dass alle Lebensbereiche



optimiert werden. Wenn du dich nicht mehr ausgebrannt fühlen willst und deine Energie in schöne Aktivitäten lenken willst, dann ist dieser Ratgeber dein unverzichtbarer Leitfaden. Darum geht es in dem Buch: Bist du überhaupt hochsensibel? Anhand von vielen Fallbeispielen sowie einem fundierten Selbsttest bist du direkt in der Lage, zu erkennen, ob du hochsensibel bist! Das Leben als hochsensibler Mensch: Wie sich Hochsensibilität sich in den verschiedenen

Lebensphasen zeigt. Die Autorin weist außerdem auf spezielle Herausforderungen hin und bietet praxiserprobte Lösungsmöglichkeiten an. Ob hochsensible Babys, Kinder, Teenager, junge Erwachsene oder im reifen Alter - mit diesem Kompass lassen sich die Facetten der Hochsensibilität gezielt ausloten! Deine seelische Gesundheit: Was ein destruktives Umfeld kennzeichnet und welche Lebensbereiche sich negativ auf dein Seelenleben auswirken

können. Erhalte wirksame Praxistipps von der Ernährung über den Schlaf bis hin zur Vermeidung von Reizüberflutung, die Körper, Geist und Seele in Einklang bringen. Hochsensible und Partnerschaft - kenne Herausforderungen und Fallstricke! Erfahre, wie du mit Affirmationen gezielt an deinem Liebesglück arbeiten kannst! Mit großem Praxisteil: Übungen für alle Situationen in deinem Leben, die sich mit wenig Aufwand durchführen

lassen. So vermeidest du in Zukunft Stress und das Gefühl von Überforderung! Jetzt liegt es an dir: Machst du weiter wie gehabt oder stellst du deine Weichen ganz neu? Falls du als hochsensibler Mensch mehr Ruhe und Lebensqualität möchtest, führt an diesem Buch kein Weg vorbei! Sichere dir jetzt dein Exemplar!  
Tarzan Economics  
 Routledge  
 Your teen years are a time of change, growth, and—all too often—psychological

struggle. To make matters worse, you are often your own worst critic. The Self-Compassion Workbook for Teens offers valuable tools based in mindfulness and self-compassion to help you overcome self-judgment and self-criticism, cultivate compassion toward yourself and others, and embrace who you really are. As a teen, you're going through major changes—both physically and mentally. These changes can have a dramatic effect on how you perceive, understand,

and interpret the world around you, leaving you feeling stressed and anxious. Additionally, you may also find yourself comparing yourself to others—whether its friends, classmates, or celebrities and models. And all of this comparison can leave you feeling like you just aren't enough. So, how can you move past feelings of stress and insecurity and start living the life you really want? Written by psychologist Karen Bluth and based on practices adapted from Kristin Neff and

Christopher Germer's Mindful Self-Compassion program, this workbook offers fun and tactile exercises grounded in mindfulness and self-compassion to help you cope more effectively with the ongoing challenges of day-to-day life. You'll learn how to be present with difficult emotions, and respond to these emotions with greater kindness and self-care. By practicing these activities and meditations, you'll learn specific tools to help you navigate the emotional ups and downs

of the teen years with greater ease. Life is imperfect—and so are we. But if you're ready to move past self-criticism and self-judgment and embrace your unique self, this compassionate guide will light the way. Achtsamkeit und Mitgefühl in der Pflege  
Piatkus Books  
Dieses Buch gibt einen Überblick über Konzepte und Praxis von Achtsamkeit und Selbstmitgefühl in der Psychotherapie, stellt störungsspezifische Anwendungen in der

Erwachsenenpsychotherapie und in der Kinder- und Jugendlichenpsychotherapie vor und skizziert Entwicklungen in unterschiedlichen Settings (von Paartherapie bis Onlinetherapie). Achtsamkeit und Selbstmitgefühl sind Prinzipien mit einer weit zurückreichenden Geschichte. Diese Traditionen erleben im psychosozialen Bereich eine Renaissance – vielleicht als sinnstiftendes Gegengewicht zu den unüberschaubar

gewordenen komplexen Anforderungen einer multipel vernetzten Welt. Auch in die moderne, wissenschaftlich fundierte Psychotherapie haben Achtsamkeitskonzepte als theoretische Grundlage wie auch in praktischen Anwendungen Eingang gefunden. Geschrieben für ... Psychologische und Ärztliche Psychotherapeuten, Kinder- und Jugendlichenpsychotherapeuten, Psychiater, Ärzte aller Fachrichtungen, psychosoziale Berufe in Kliniken, Beratungsstellen

und anderen komplementären Einrichtungen, Psychotherapeuten in der Ausbildung. Die Herausgeber: Dr. Hinrich Bents – Psychologischer Psychotherapeut, Geschäftsführender Direktor des Zentrums für Psychologische Psychotherapie der Universität Heidelberg (ZPP Heidelberg). Dr. Miriam Gschwendt – Psychologische Psychotherapeutin, Praxengemeinschaft Psychotherapie im Mathematikon,

Heidelberg. Priv.-Doz. Dr. Johannes Mander – Psychologischer Psychotherapeut, stellvertretende Studienleitung und Psychotherapieforschung am ZPP Heidelberg. Zen and Us Little, Brown  
This book provides new ideas on how to work with and constructively transform shame on a theoretical and practical level, and in various socio-cultural contexts and professions. It provides practical guidelines on dealing with shame on the basis of reflection,

counselling models, exercises, simulations, specific psychotherapeutic approaches, and auto-didactical learning material, so as to transform shame from a negatively experienced emotion into a mental health resource. The book challenges theorists to adopt an interdisciplinary stance and to think “outside the box.” Further, it provides practitioners, such as coaches, counsellors, therapists, trainers and medical personnel, with

practical tools for transforming negative experiences and emotions. In brief, the book shows practitioners how to unlock the growth potential of individuals, teams, and organisations, allowing them to develop constructively and positively. Empathie Ohne Stress Vandenhoeck & Ruprecht Handbook for the Assessment of Dissociation: A Clinical Guide is the first book to offer guidelines for the systematic assessment of dissociation and

posttraumatic syndromes. This book provides a comprehensive overview of dissociative symptoms and disorders, as well as an introduction to the use of the SCID-D, a diagnostic interview for the dissociative disorders includes chapters on differential diagnosis, a discussion of the relationship between dissociation and trauma, and a sample patient interview serves the needs of novices in the field as well as experienced clinicians and researchers

*The Self-Compassion Workbook for Teens* John Wiley & Sons

Emotion Regulation is currently one of the most popular topics in clinical psychology. Numerous studies demonstrate that deficits in emotion regulation skills are likely to help maintain various forms of psychological disorders. Thus, enhancing emotion regulation has become a major target in psychotherapeutic treatments. For this purpose, a number of therapeutic strategies

have been developed and shown to be effective. However, for practitioners it is often difficult to decide which of these strategies they should use or how they can effectively combine empirically-validated strategies. Thus, the authors developed the Affect Regulation Training as a transdiagnostic intervention which systematically integrates strategies from cognitive behavior therapy, mindfulness-based interventions, emotion-focused therapy, and

dialectical behavioral therapy. The effectiveness of ART has been demonstrated in several high-quality studies. *Cognitive Behavioural Therapy Workbook For Dummies* John Wiley & Sons  
For the first time ever, CFT Made Simple offers easy-to-apply tools to help clients develop self-compassion, learn mindfulness skills, and balance difficult emotions for greater treatment outcomes. Created by world-renowned psychologist Paul Gilbert,

compassion-focused therapy (CFT) is extremely effective in helping clients work through painful feelings of shame and self-criticism. However, the theoretical aspects of this therapy—such as evolutionary psychology, attachment theory, and affective neuroscience—can make CFT difficult to grasp. This book provides everything you need to start implementing CFT in practice, either as a primary therapy modality or as an adjunctive

approach to other therapies, such as acceptance and commitment therapy (ACT), cognitive behavioral therapy (CBT), and more. CFT has unique strengths, and is especially effective in helping clients work through troubling thoughts and behaviors, approach themselves and others with greater compassion and kindness, and feel safer and more confident in their ability to handle life's challenges and difficulties. This book articulates the theoretical

basis of the therapy in simple, easy-to-follow language, and offers practical guidance and strategies on how to tailor your CFT approach to specific client populations. As a clinician interested in the benefits of CFT but wary of the dense theoretical principles that lay behind it, you need a user-friendly guide that will let you hit the ground running. CFT Made Simple is that guide.

[The Mindful Self-Compassion Workbook](#)  
Seattle ; Toronto : Hogrefe & Huber Publishers

Wie können systemische Ansätze gerade für die Herausforderungen einer Einzelpsychotherapie deutlich wirksamer gestaltet werden? Welcher zusätzlichen Methoden und Perspektiven bedarf es, um störungsspezifische Muster der Persönlichkeit gezielt, lösungsorientiert und nachhaltig zu wandeln? Michael Raisch räumt den Emotionen als transformative Kraft einen wichtigen Platz im systemischen Theoriegebäude ein und erweitert damit den

therapeutischen Möglichkeitsraum. Er erläutert die Grundlagen emotionsbasierten Arbeitens und zeigt, wie erlebnisorientierte Zugänge die systemische Praxis bereichern können. Michael Raisch stellt Verfahren wie Schematherapie, Emotionsfokussierte Therapie und Innere-Kind-Arbeit detailliert vor und erläutert anhand zahlreicher Fallbeispiele, wie ein neues emotionales Verstehen resiliente und selbstfürsorgliche Erfahrungen ermöglicht.

*Trauma Releasing Exercises (TRE)* Guilford Publications  
Acceptance and Commitment Therapy: 100 Key Points and Techniques offers a comprehensive, yet concise, overview of the central features of the philosophy, theory, and practical application of ACT. It explains and demonstrates the range of acceptance, mindfulness, and behaviour change strategies that can be used in the service of helping people increase



their psychological flexibility and wellbeing. Divided into three main parts, the book covers the 'Head, Hands, and Heart' of the approach, moving from the basics of behavioural psychology, via the key principles of Relational Frame Theory and the Psychological Flexibility model, to a detailed description of how ACT is practiced, providing the reader with a solid grounding from which to develop their delivery of ACT-consistent interventions. It concludes by addressing key

decisions to make in practice and how best to attend to the therapeutic process. The authors of Acceptance and Commitment Therapy bring a wealth of experience of using ACT in their own therapy practice and of training and supervising others in developing knowledge and skills in the approach. This book will appeal to practitioners looking to further their theoretical knowledge and hands-on skills and those seeking a useful reference for all aspects of their ACT

practice.

*Mit Achtsamkeit Zur Gelassenheit*

Vandenhoeck & Ruprecht  
Achtsames

Selbstmitgefühl ist eine wertvolle Ressource, um mit uns selbst freundlich und mitfühlend umzugehen, besonders dann, wenn das Leben uns herausfordert. In dem von Christopher Germer und Kristin Neff entwickelten 8-Wochen-Programm (MSC – Mindful Self-Compassion) lässt sich nicht nur diese innere Haltung der Freundlichkeit und des Mitgefühls

erlernen. Es bietet auch wirkungsvolle Methoden, um Resilienz und emotionales Wohlbefinden zu stärken. Dieses Handbuch gibt Ihnen einen Überblick über die Absicht, die Inhalte sowie die Theorie und Forschung des MSC-Programms. Schritt für Schritt werden die einzelnen Kurseinheiten vorgestellt: Ablauf, Übungen, Meditationen sowie Didaktik und wichtiges Hintergrundwissen. Fallvignetten illustrieren, wie Sie Selbstmitgefühl

erfahrungsorientiert vermitteln, Gruppenprozesse steuern und mit möglichen Hindernissen umgehen können. In weiteren Kapiteln erfahren Sie, wie Selbstmitgefühl in die Psychotherapie integriert werden kann. Stimmen zum Buch: "... eine Schatztruhe, reich gefüllt mit praktischem Wissen – berührend, weise und visionär. Was Chris Germer und Kristin Neff geschaffen haben, ist ein kostbares Geschenk für unsere Zeit." Positivity Guilford Press

The book reports three studies that were undertaken of what "moves" people - firstly as individuals, through verbal interviews; secondly in a public house, through working behind the bar; and thirdly in a residential community, through being the Rector of a parish. In each case it poses the question, whether our understanding of the human reality revealed in the situation, can be progressed by comparing it with what is known about religion. In other

words, can Religious Studies help us to understand secular life, in the way that Social-scientific Studies have helped us to understand the religious life? The Implicit Religion that is looked for in the three studies is defined in terms of people's commitments or integrating foci, or intensive concerns with extensive effects. The first study revealed an all-but-ineffable apprehension and valuation of the Self. The second revealed a context in which Selves can "hold their own" with

other Selves. The third unexpectedly revealed a commitment, which was as ultimate as it was intimate, to what was called "Christianity." The content of this belief is analysed, and compared with historical forms of Christianity. This attention to intentionality may be seen as the particular contribution that the study of Religion, and of Religions (as type-cases), can make to the social-scientific understanding of human behaviour and human being. In the three decades that have passed

since Dr. Bailey began to test this approach, much "post-modernity" theory has moved in a similar direction. This volume constitutes the first full-length report, of the first systematic tests to have been made, of a concept that has come to be accepted in both academic and religious circles.

The Mindful Path to Self-Compassion Plume  
Provides a comprehensive introduction to mindfulness and its contemporary clinical applications. Within a

coherent conceptual framework, chapters present a wide range of clear-cut procedures for practicing mindfulness techniques and teaching them to patients. The authors blend clinical wisdom, research findings attention and more.

### **Horae Hebraicae**

Booksurge Publishing  
Die Behandlung von Jugendlichen mit einer Borderline-Persönlichkeitsstörung und deren Familien stellt oft eine Herausforderung für Therapeutinnen und Therapeuten dar. Der

Band liefert wichtige Informationen zur Symptomatik und Diagnostik und beschreibt das Vorgehen in der Einzel- und Familienarbeit. Der Band ist damit eine wichtige Ergänzung des interaktiven Skillstrainings für Jugendliche, welches vor allem die Vermittlung von Skills beschreibt. Als zentrales Behandlungsprogramm wird die Dialektisch-Behaviorale Therapie für Adoleszente (DBT-A) vorgestellt. Die DBT-A ist ein kognitiv-

verhaltenstherapeutisches Konzept, das speziell für die Arbeit mit emotional-instabilen Jugendlichen und deren Familien konzipiert wurde. Neben dem kognitiv-verhaltenstherapeutischen Ansatz spielt als Basis für alle anderen Therapiebausteine eine dialektische Haltung, die die Pole Akzeptanz und Veränderung integriert und eine achtsame Haltung, die annehmend und möglichst nicht bewertend ist, eine große Rolle. Der Band erläutert die Struktur der DBT-A,

die Grundhaltung, die zentralen Behandlungsstrategien sowie die Einbettung des Skillstrainings. Durch die Integration von Strategien der Compassion Focused Therapy (CFT) sollen die Patientinnen und Patienten lernen, Mitgefühl für sich und andere zu entwickeln. Der Einsatz von DBT-Familienskills, die von Alan Fruzzetti und Perry Hoffman entwickelt wurden, soll Eltern von emotional-instabilen Jugendlichen dabei helfen, sich selbst besser zu

regulieren und die Interaktion innerhalb der Familie zu verbessern.

### **Yoga and Eating Disorders**

Emotico  
A practical self-help book on mental strength and emotional toughness by a clinical counsellor, researcher, coach and online content creator with a big YouTube following and genuine star quality. This book is the ultimate guide to getting emotionally strong, guiding you in taking responsibility for your own wellbeing and not letting others control your

thoughts and emotions. Written in the trademark down-to-earth, direct, humorous and warm style that has made counsellor Julia Kristina so popular online, this book arms its readers with the skills to take over the steering wheel in their own lives, no matter what challenges they face. Julia takes you through the thoughts, emotions and behaviours that hold us back, from perfectionism and fear of failure, to anxiety and guilt, to people pleasing, self-sabotage and taking

things too personally. In each case she provides easy-to-use and super effective tools for emotional self-mastery that she has road tested in her coaching and counselling, and in her own life. For example, use the Thought Ladder to disrupt your negative thoughts and beliefs. Instead of telling yourself

to stop thinking "I am totally crap" and just think "I am great", Julia shows you how to incrementally challenge and undo the original negative thought and reframe it through a series of steps - like rungs of a ladder. Another example is the STOPP Process: a 5-step method that allows you to identify,

separate from and process/take positive action on a difficult emotion that is occurring. Always rooted in real life, highly achievable and based in the author's understanding of human psychology, Julia's tools and techniques really will help you break through whatever it is you think is holding you back.