



# **SOS Help for Emotions: Managing Anxiety, Anger, and Depression (Revised 2014)**

*Lynn Clark*

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# SOS Help for Emotions: Managing Anxiety, Anger, and Depression (Revised 2014)

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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. By understanding and applying insights and techniques from this book, you will learn useful self-help methods from cognitive behavior therapy. You will gain insight into changing your thoughts and feelings and for becoming more successful in attaining your goals. Knowing the five steps of Emotional Intelligence (EQ) will help you to deal with difficult people more effectively. Most people believe that bad events (such as a large credit card debt) and unpleasant people (an overly critical boss) directly cause high levels of anxiety, anger, depression and other miserable feelings. However, SOS teaches what we believe and tell ourselves about the bad events and those difficult people primarily determine our upsetness. When you believe that other people and bad events directly cause your emotions, how do you go about helping yourself to feel better? You cannot help yourself feel better. You are stuck in a rut if you believe that you must change other people or the world before you can feel better. Some people think getting very angry will cause others to change. However, others will not change as a result of your anger. Successful people find a way to change their anger into calmness and then to go about achieving their goals. SOS teaches you the steps for managing anxiety, anger, depression, and other unpleasant feelings. Our Beliefs and Self-Talk primarily cause our feelings and behavior and not bad events and difficult people. 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 Ayuda Con Las Emociones is also sold by Amazon. Included are exercises, quizzes, 100 engaging illustrations, and accompanying FREE downloadable resources from the Publisher, SOS Programs. Search Amazon for Video SOS Help For Emotions. Search Amazon for Video KIT SOS Help For Emotions which helps counselors and educators to help adults or teens, individually or in groups. See video clips at SOS Programs. Visit the Amazon Lynn Clark author page to learn more.

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A lot of people always spent all their free time to vacation or go to the outside with them friends and family or their friend. Were you aware? Many a lot of people spent many people free time just watching TV, or maybe playing video games all day long. If you wish to try to find a new activity that's look different you can read a book. It is really fun for you personally. If you enjoy the book you read you can spent all day every day to reading a book. The book SOS Help for Emotions: Managing Anxiety, Anger, and Depression (Revised 2014) it is extremely good to read. There are a lot of people that recommended this book. We were holding enjoying reading this book. In case you did not have enough space to create this book you can buy often the e-book. You can m0ore simply to read this book through your smart phone. The price is not very costly but this book provides high quality.

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