



## **Synopsis**

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 . Included are exercises, quizzes, 100 engaging illustrations, and accompanying FREE downloadable resources from the Publisher, SOS Programs. Search for Video SOS Help For Emotions. Search 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 Lynn Clark author page to learn more.

## **Book Information**

Paperback: 302 pages

Publisher: SOS Programs & Parents Press; 2 (Revised 2014) edition (December 10, 2001)

Language: English

ISBN-10: 0935111522

ISBN-13: 978-0935111521

Product Dimensions: 0.8 x 6.2 x 9.2 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (66 customer reviews)

Best Sellers Rank: #50,038 in Books (See Top 100 in Books) #72 in [Books > Health, Fitness & Dieting > Mental Health > Depression](#) #88 in [Books > Health, Fitness & Dieting > Mental Health > Anxiety Disorders](#) #101 in [Books > Health, Fitness & Dieting > Mental Health > Mood Disorders](#)

## Customer Reviews

For once, I have chosen a book based on other people's reviews, and I am very pleased with that decision. At the time I purchased it, I was going through a horrible break up that I was so depressed over, and always thinking the worst things "It's all my fault" "if only I was a better girlfriend" - well, after reading the book, I brought my emotions in order, and realized 'it wasn't me - I am not the one with the problem'. This is a light-hearted book, written in language that most normal people can understand, and doesn't make you feel like you are reading a college-level psychology textbook. The first 30 pages will make a difference, a notable difference, and you will start to feel better.....I did.

Of all the cognitive therapy workbooks I have attempted to use with clients, this one has made the most sense and motivated them to improve their lives. The humor, cartoons, and informal style make this enjoyable, non-threatening, and applicable to many situations. Richard Costa, MSW, LCSW

I have been reading my doctors copy of SOS Help for Emotions. My wife is bi-polar and my son has Schizophrenia. This book has helped me to understand the self talk that we do to ourselves over a problem we face. Problems present themselves all the time, it is the self talk that we do that causes most of the problems with the solution. This book has helped me with both my wife and son's sickness because I can help them analyze and improve their self talk section of a problem to end with a more positive outlook or one that is not as detrimental as they make it. What we think most of the times causes a problem to get worse than it should be, when we understand the problem and think it through in a positive way the outcome of the problem is way less than what it could have been. I am not a doctor or psychologist, I'm just a family member that cares deeply for my family and want to make their life less stressful as I can.

I came across this book and bought it because it looked interesting. This book changed my life and is a permanent part of my favorite books ( I have so many books that I pack away the ones that I didn't like that much). I am not packing this one away!! This book teaches you how to manage your emotions- something that was never taught to me in life but is the most important part of a healthy mind and life. I refer back to the book when I feel down or when I need a reminder of the principles. I have read it over and over and I can say I would have never gotten over my overeating without it. I now know how to live life without turning to food to manage my emotions. Because life is all about how you handle it, not what happens to you. The book teaches you how to handle anything-you have the power. You don't have to feel helpless anymore. I read a review on a book once (that I'm going to say for this one because it's so true): I would pay \$1,000 for this book. It's that wonderful. And it changed my life forever. I am forever in debt to Lynn Clark. I consider him an angel on earth.

I have been suffering from severe depression and anxiety for most of my life and regularly visit a psychologist for my problems. I found this book on my own and bought it because of the positive reviews and I undoubtedly think it is the most valuable tool I have to manage my issues. I was not methodically taught during childhood to deal with my emotions first and then my problems, nor to take responsibility for how I felt. This book has changed my entire outlook on life and was a major slap in the face at first, realizing I had trained myself to be so negative. It's an easy read, yet insightful enough to hold your attention. I have a long road to contentment but I know I'm on it now and actually feel like I can make it. Please buy this book if you are dealing with depression, anxiety or anger, and help yourself.

This is a fun, easy-to-use book! Humorously challenge your belief system (what you expect of yourself and others, whether reasonable or not) and the results will astound you. A great tool to find contentment in your life and your relationships. You will keep this book forever to go back to when those old habits try to sneak back up on you! It is amazing to be able to maintain happiness and tranquility even when the world and people around you do not. Best dollar investment and personal investment you'll ever make.

This book is great for anyone experiencing anxiety, anger or depression. I read this book and it really helped me manage my emotions better and to think clearly. Dr. Lynn Clark published the book himself so it would not lose any content.

Nice self help book for people; I teach special education and collaborate with social workers, psychiatrists, counselors, and nurse specialists in behavioral health - this book contains terms, strategies, and skills rooted in research for treating anxiety and depression. most appropriate for young adults on up

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and Social Phobia to Achieve Success in All Social Situations (BONUS, Anxiety Relief, Social Anxiety Treatment) Anxiety Disorders: The REAL Truth, Causes and Cures. Panic Disorder, Obsessive Compulsive Disorder (OCD), Generalized Anxiety Disorder (GAD), Post-Traumatic Stress Disorder (PTSD), Social Anxiety Anxiety: 15 Ways To Boost Your Confidence When Feeling Anxious: How To Build Your Confidence To Escape Anxiety (BONUS- 1hour Life Coaching Session. Overcome Anxiety Today)

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