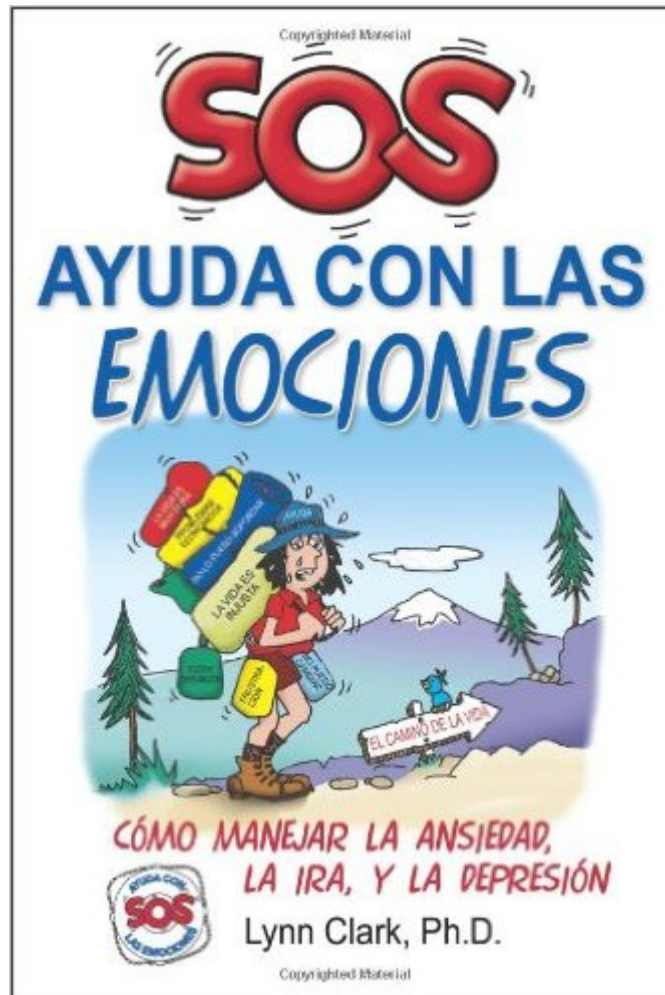


The book was found

SOS Ayuda Con Las Emociones: Como Manejar La Ansiedad, La Ira, Y La Depresion (Spanish Edition)



Synopsis

SOS Ayuda Con Las Emociones - Como Manejar La Ansiedad, La Ira, Y La Depresion 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 to 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 2008 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. Included are exercises, quizzes, 100 engaging illustrations, and accompanying free downloadable resources from the Publisher at SOS Programs. Visit the [Lynn Clark author page](#) to learn more.

Book Information

Paperback: 302 pages

Publisher: SOS Programs & Parents Press; 1st (with 2014 downloadable resources) edition
(January 15, 2009)

Language: Spanish

ISBN-10: 0935111751

ISBN-13: 978-0935111750

Product Dimensions: 6.1 x 0.6 x 8.9 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars Â Â See all reviews Â (8 customer reviews)

Best Sellers Rank: #416,753 in Books (See Top 100 in Books) #28 in Â Books > Libros en espaÃfÂ ol > Ciencia > Ciencias de la Conducta Humana #60 in Â Books > Libros en espaÃfÂ ol > Salud, mente y cuerpo > Salud Mental #86 in Â Books > Libros en espaÃfÂ ol > ReligiÃfÂ n y espiritualidad > Espiritualidad > TransformaciÃfÂ n Personal

Customer Reviews

Bueno, la verdad es que es mas facil decir las cosas que hacerlas. El libro aconseja mucho y da tecnicas para, por ejemplo, manejar la ansiedad; tecnicas que hace aÃ os que sÃ© y vengo practicando sin lograr nada. El libro no esta mal del todo y por ser de la serie SOS vale la pena leerlo.

Love this book.. Is easy to read and helpful!FÃcil de leer, buena informaciÃ n y se le puede sacar provecho.

Great Book You Won't Be Able to Put Down.

Thanks. Very helpful.

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

SOS Ayuda Con Las Emociones: Como Manejar la Ansiedad, la Ira, y La Depresion (Spanish Edition) SOS Ayuda Para Padres: Una Guia Practica para Manejar Problemas de Conducta Comunes y Corrientes (Help for the Parents, Spanish Edition) Basta de Ansiedad - Controla, Reduce y Elimina para SIEMPRE la Ansiedad de tu Vida: (ataques de panico, salud mental y depresion) (Spanish Edition) Como Prevenir La Soledad, La Depresion Y El Suicidio En Ninos Y Jovenes/ Preventing Loneliness, Depression and Suicide Among Children and Teenagers (Spanish Edition) Ponte en Mis Zapatos: 11 Soluciones para Remediar los Retos de "Criar Hijos Como de Costumbre" (Ayuda y MotivaciÃfÂ n Para Padres) (Spanish Edition) Diabetes Sin Problemas- El Control de la Diabetes con la Ayuda del Poder del Metabolismo Nueva VersiÃfÂ n Abreviada Deluxe- Incluye Enlace a VÃfÂ deos. (Spanish Edition) DIABETES SIN PROBLEMAS: El Control de la Diabetes con la Ayuda del Poder del Metabolismo (Spanish Edition) Equilibra tus emociones, Naturalmente!: con Aceites esenciales teraputicos (Spanish Edition) El libro de las emociones (Spanish Edition) Adivinanzas emocionantes (Aprendo las emociones nÃ Âº 3) (Spanish Edition)

La jefa de la casa: Tu guía esencial para manejar la casa y la familia de hoy (Spanish Edition)
SOS Adolescentes fuera de control en la era digital: Las respuestas más buscadas por todos
los padres de adolescentes Ayudando a Vencer La Depresion En La Gente Joven/Coping With
Depression in Young People: Una Guía Para Padres / A Guide for Parents (El Niño Y Su Mundo /
the Child and Its World) (Spanish Edition) Ante La Depresion (Spanish Edition) Activación
conductual / Behavioral activation: Refuerzos positivos ante la depresión / Positive Reinforcements
to Depression (Spanish Edition) How Tulips Grow/Como Crecen Los Tulipanes (How Plants
Grow/Como Crecen Las Plantas) (Spanish Edition) EL PODER DE LAS IDEAS Y COMO
DESARROLLAR EL PENSAMIENTO CREATIVO: Descubra Como Convertirse en Una Fabrica de
Ideas Ahora! - Imprima su Propio Dinero y ... Positivo nº 4) (Spanish Edition) Quimica para
Todos: Un Manual de Ayuda para Estudiantes de Secundaria (Spanish Edition) Libro de colorear -
Jardin de fantasia: Para reducir el estrés, la ansiedad y la depresión (Spanish Edition) La
ansiedad: estrategias prácticas para manejarla paso a paso (Biblioteca de Salud Mental nº 1)
(Spanish Edition)

[Dmca](#)