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cognitive-behavioral perspectives. Psychological blockers to successful coaching outcomes. · Enhancing positive psychological self-acceptance in a rational and realistic manner. You can use the methods described in A Guide to Shameless Happiness to allow you to reach your goals and find happiness sooner. Written in plain English, A Guide to Shameless Happiness is a practical, sensible, and effective approach that will help you master your thoughts and think constructively, which leads to greater creativity, productivity and self-confidence. With these forty techniques, you'll be able to put the lie to your own inner mean martyr. "The book will make you laugh and cry, and inspire you to live a more authentic life," says Elizabeth Gilbert, author of Eat, Pray, Love. "It is a wonderful and timely contribution to the field of cognitive-behavioral coaching." To find out more about how A Guide to Shameless Happiness can help you, visit the author's website, www.elizabethgilbert.com. If you have difficulties managing your emotions, it can feel like you're losing control of your whole life. Anger, hurt, grief, worry, and other intense feelings can be overwhelming, and how you react to these emotions can impact your ability to maintain relationships, succeed at work, or even think straight. If you find it difficult to express, understand, and process intense emotions—and more often than not, this is the case in everyday life—then you need to learn practical techniques that can help you control anxiety. This book will teach you how to: • Establish a balanced life for everyday living • End unhelpful anxiety, but teach you how to: understand and dispute the irrational beliefs that make you anxious • Use your emotions as a tool to make your goals and dreams a reality. Learn how to use Rational Emotive Behavior Therapy (REBT) to control anxiety, and how to use the methods described in A Guide to Shameless Happiness to allow you to reach your goals and find happiness sooner. Written in plain English, A Guide to Shameless Happiness is a practical, sensible, and effective approach that will help you master your thoughts and think constructively, which leads to greater creativity, productivity and self-confidence. With these forty techniques, you'll be able to put the lie to your own inner mean martyr. "The book will make you laugh and cry, and inspire you to live a more authentic life," says Elizabeth Gilbert, author of Eat, Pray, Love. "It is a wonderful and timely contribution to the field of cognitive-behavioral coaching." To find out more about how A Guide to Shameless Happiness can help you, visit the author's website, www.elizabethgilbert.com. If you are interested in learning about the latest research in cognitive-behavioral therapy (CBT), you may want to check out the book "The Cognitive Behavioral Workbook for Adolescents" by Albert Ellis and Brent Davies. The book is a comprehensive guide to CBT for adolescents, covering topics such as anxiety, depression, and self-esteem. It includes case studies, exercises, and practical strategies for therapists working with adolescents. For more information, visit www.capecodcounseling.com.