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***SOS Help For Emotions:***

***Managing Anxiety, Anger, And Depression***

ENHANCED eBook EDITION

Lynn Fred Clark, Ph.D.

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SOS Help For Emotions: Managing Anxiety, Anger & Depression

**SOS Programs & Parents Press**

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SOS Help For Emotions: Managing Anxiety, Anger & Depression

***READ WHAT OTHERS ARE SAYING ABOUT***

***SOS HELP FOR EMOTIONS***

*"Angry? Anxious? Depressed? Stressed? ... One of the few books to clearly explain how to deal effectively with your emotions... It works!"*

-- Bill Pfohl, Psy.D., Past President of National Association of School Psychologists (NASP)

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*“Beautifully captures the spirit of Rational Emotive SOS Help For Emotions: Managing Anxiety, Anger & Depression Behavior Therapy in concise, evocative, and humorous language. A gem of an introduction to REBT.”*

- Albert Ellis, Ph.D., Grandfather of Cognitive Behavior Therapy

*“SOS is a beautiful work! The use of cartoons, figures, and illustrations is quite engaging.”*

- Donald Beal, Ph.D., Associate Professor of Psychology, Eastern Kentucky University

*“It’s spectacular! SOS is the best self-help book on Rational Emotive Behavior Therapy that I have seen.”*

- Raymond DiGiuseppe, Ph.D., Past President of Association for Behavioral and Cognitive Therapies (ABCT) and Director of SOS Help For Emotions: Managing Anxiety, Anger & Depression Professional Education SOS Help For Emotions: Managing Anxiety, Anger & Depression at Albert Ellis Institute

*“A great help for my clients! Of all the cognitive SOS Help For Emotions: Managing Anxiety, Anger & Depression 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 highly recommend this book. This is a light-hearted book, written in language that most*

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*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 SOS Help For Emotions: Managing Anxiety, Anger & Depression a difference, a notable difference, and you will start to feel better.....I did."*

- a reader

*"Changed my life and helped me recover from an eating disorder. This book teaches you how to manage your emotions - something that was never taught to me in life... 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... I SOS Help For Emotions: Managing Anxiety, Anger & Depression would pay \$1,000 for this book. It's that wonderful. And it changed my life forever. I am forever in SOS Help For Emotions: Managing Anxiety, Anger & Depression debt to Lynn Clark. I consider him an angel on earth."*

- a reader

*"Major Improvements with Depression and Anxiety. This book is the most valuable tool I SOS Help For Emotions: Managing Anxiety, Anger & Depression have SOS Help For Emotions: Managing Anxiety, Anger & Depression to manage my issues. I was not taught during childhood to deal with my emotions first and then my problems... It's an easy read, yet insightful enough to hold your attention... Please get this book if you are dealing with depression, anxiety or anger, and help yourself."*

- a reader

*"Good Read! I didn't realize how much irrational self-talk I was using which was causing me to have so much anxiety and anger. I would recommend this book to those who want to work on getting their emotions under control."*

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- a reader

*Easy, painless, humorous, effective tools for contentment! 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.”*

- a reader

*“I didn’t realize how much irrational self-talk I was using which was causing me to have so much anxiety and anger.”*

- a reader

*“This book has been a great help to me personally in my journey out of crippling anxiety. Well written with tons of practical examples and help.”*

- a reader

*“This is an amazing book that teaches simple skills that make a big difference! After struggling with OCD and depression SOS Help For Emotions: Managing Anxiety, Anger & Depression for nearly 9 years this has been an amazing tool, and stepping stone! Very easy to read.”*

- a reader

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*“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.”*

- a reader

SOS Help For Emotions: Managing Anxiety, Anger & Depression

***SOS Help For Emotions:***

***Managing Anxiety, Anger, And Depression***

Self-Help and Cognitive Behavior Therapy for ages 15 to 90

**International Editions**

**and Languages**

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## ACKNOWLEDGMENTS

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## **SOS Help SOS Help For Emotions: Managing Anxiety, Anger & Depression For Emotions Managing Anxiety Anger Depression**

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