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**THE TEN  
MINUTE  
COGNITIVE  
WORKOUT:**

MANAGE YOUR MOOD  
AND CHANGE YOUR LIFE  
IN TEN MINUTES A DAY

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*This book is dedicated to my daughters*

*--Jennifer and Kirstin--*

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*two beautiful and remarkable women*

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*“Our thoughts make us what we are.”*

*~Dale Carnegie*

## INTRODUCTION

In my 35 years of clinical experience working with psychotherapy clients, I have witnessed people struggle with troubling and painful emotions. Many reported having behaviors that undermined their ability to lead gratifying and successful lives. The Ten Minute Cognitive Workout: Manage Your Mood and Change Your Life in Ten Minutes a Day After months, sometimes years, of psychotherapy, most learned to replace negative emotions with positive ones and to modify their self-defeating behaviors. During the last eight years of my clinical practice, I developed the Cognitive Workout. It's a simple, easy to learn, exercise designed to manage The Ten Minute Cognitive Workout: Manage Your Mood and Change Your Life in Ten Minutes a Day mood and change behavior. I have taught the exercise to many of my clients. I

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was pleased to discover that those clients who consistently performed the exercise experienced a rapid improvement in their psychological symptoms.

Doing this simple exercise can improve mood, increase self-confidence, and foster a positive outlook on life. These changes in mood, self-concept, and outlook can The Ten Minute Cognitive Workout: Manage Your Mood and Change Your Life in Ten Minutes a Day produce positive changes in behavior. As the title suggests, the exercise requires an investment of only ten minutes a day.

## THE TEN MINUTE COGNITIVE WORKOUT

### CHAPTER I

#### WHY DO THE COGNITIVE WORKOUT?

You can attain a new sense of well-being by investing only ten minutes a day in one The Ten Minute Cognitive Workout: Manage Your Mood and Change Your Life in Ten Minutes a Day simple exercise. With the Ten Minute Cognitive Workout you can not only improve your mood, you can also feel more calm and in control. You will find yourself embracing each and every day. You'll be feeling more confident, and your confidence will be expressed in your behavior. In time, you will have achieved an ongoing state of joy and peace. And it only takes ten minutes a day.

Happiness Is Great ... But Joy Is Better

Happiness is dependent on external circumstances. Happiness can ebb and flow based on

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changes in your external situation. Joy is an internal, relatively constant condition. Joy comes from within and feels like a stable part of who you are.

Both happiness and joy are worthy goals. You can attain both. Performing this The Ten Minute Cognitive Workout: Manage Your Mood and Change Your Life in Ten Minutes a Day simple ten minute exercise can evoke a feeling of happiness. Making the Cognitive Workout an ongoing part of your daily routine can eventually result in a state of inner joy.

Emotional states such as despondency, anger, discouragement, frustration, anxiety, or stress can The Ten Minute Cognitive Workout: Manage Your Mood and Change Your Life in Ten Minutes a Day undermine one's ability to enjoy life. For example, a man might want more intimacy with his wife, but his irritable mood is creating distance. A positive change in his emotional state could bring about the desired emotional closeness.

There are times when an ongoing behavior interferes with the attainment of a specific goal. For example, a woman seeks a promotion at work, but her failure to meet deadlines is hurting her chance of advancement. Managing her time better could help her get that promotion.

## WHAT IS THE COGNITIVE WORKOUT?

The Cognitive Workout is based on the principles The Ten Minute Cognitive Workout: Manage Your Mood and Change Your Life in Ten Minutes a Day of Cognitive Behavioral Therapy. One of the basic tenets of Cognitive Behavioral Therapy is that what we think directly affects how we feel. Our thoughts govern our emotions. If we change our thoughts, we The Ten Minute Cognitive Workout: Manage Your Mood and Change Your Life in Ten Minutes a Day can change our emotions. As a result, we can also change our behavior.

Changing our thoughts is accomplished via a process The Ten Minute Cognitive Workout: Manage Your Mood and Change Your Life in Ten Minutes a Day called Cognitive Restructuring, a technique used in Cognitive Behavioral Therapy. Cognitive Restructuring involves eliminating thoughts which are negative, irrational, or dysfunctional and replacing them with positive, rational, functional thoughts. Positive thoughts elicit positive emotions. Thoughts which are positive, rational, The Ten Minute Cognitive Workout: Manage Your Mood and Change Your Life in Ten Minutes a Day and functional produce behaviors which The Ten Minute Cognitive Workout: Manage Your Mood and Change Your Life in Ten Minutes a Day are positive, rational, and functional. Cognitive Restructuring allows us to manage our moods and change our behaviors in positive ways.

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# The Ten Minute Cognitive Workout Manage Your Mood And Change Your Life In Ten Minutes A Day

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