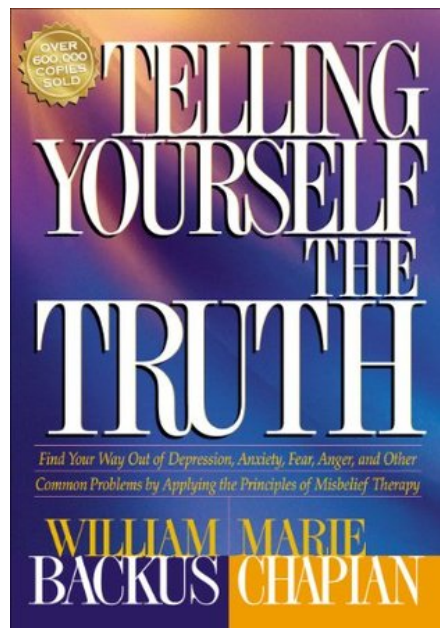




Telling Yourself the Truth: Find Your Way Out of Depression, Anxiety, Fear, Anger, and Other Common Problems by Applying the Principles of Misbelief Therapy

William Backus , Marie Chapien

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Most of What Happens in Your Life Happens Because of the Way You Think.

Wrong thinking produces wrong emotions, wrong reactions, wrong behavior--and unhappiness! Learning to deal with your thoughts is the first step on the road to healthy thinking.

How to handle one's thoughts properly is what this book is all about! It explains the life-changing method the authors call Misbelief Therapy, and it can work for you--

In your home

In your own circumstances

In your own problems

In your own adverse environment

In your own thinking

Based on the Bible, this book has helped thousands of people for many years, and it can help you!

Telling Yourself the Truth can show you how to identify your own misbeliefs and replace them with the truth.

Also available: the corresponding Telling Yourself the Truth study guide.

Winner of the Gold Book Award (500,000 copies sold),

Winner of the Gold Medallion Award (ECPA), which recognizes excellence in evangelical Christian literature

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From Reader Review Telling Yourself the Truth: Find Your Way Out of Depression, Anxiety, Fear, Anger, and Other Common Problems by Applying the Principles of Misbelief Therapy for online ebook

Emily S. says

I would give this book a five-star for its helpfulness, I just don't agree 100% with everything in the book. But that is okay...probably I'm just not advanced enough in "therapy" or "positive self-talk" to agree with those statements, lol!

There is a study guide in the back, which I did not discover until half way through the book. They questions should be at the end of each chapter instead of hiding in the back. Or at least advertise the extra tool on the front cover or something. That was pretty much the only other issue I had.

Have an open mind when you read it, and you'll learn.

Rosanna says

The message of this book is a really good one, and one that should be commonsense but sadly isn't. However, I can see the book itself causing a lot of discouragement for most of its readers for several reasons. First; the author states that the book is written in "everyday language" so that people from all backgrounds and reading levels can understand it, but there are words, phrases, even whole paragraphs that the average reader would struggle with. Second; when the author is using "everyday language" the tone is very condescending, the whole book made me feel as though I was being talked down to. Third; I felt as though I was being force fed, or even beaten over the head with, the Bible. I am a Christian, and this book could make even the most devout of believers question the strength of their relationship with God. Fourth; use of pharmaceutical aids is discouraged, even treated as though taking medication was sinful. I don't think meds are for everyone, for most it would be a scapegoat, but I'm afraid this book would discourage those who genuinely need certain drugs not to pursue the help they need. Finally; (and this is my biggest problem) the course of action suggested is made to sound so simple, so easy, that with a snap of the fingers anyone can do it; when in fact anything of this nature takes time and effort. None of the problems the book addresses has a quick fix and if an ill person read this book and then found the program harder to work than it is portrayed a major damage could be done.

Susan Wells says

You have to tell yourself the truth about yourself and stop believing lies. Very positive. Very helpful

Doug says

The book has a good point in that self-talk is important and influences one's life. However the book

discounts modern psychology. The author instead holds that all mental/emotion issues are due to bad beliefs and can be fixed through self-talk of good beliefs.

Dr. Dena says

Immensely helpful. Biblical emphasis for truthful self-talk, or how mis/beliefs can influence behavior.

Cat Allen says

EVERYONE SHOULD READ THIS!!!

Julie Phillips says

This book changed my life. There is always a copy around, me. Even if you aren't into the spiritual/Christian point of view, you can still take away a lot from this book. You will have a new set of emotional tools. This book helped me to grow in so many ways that I would recommend it to anyone, with out hesitation. I can't give the exact date that I finished this book, because I have read it 3 times now, and every time that I read it, it becomes a new book for me. It's almost a self evaluation, each time.

Julianne says

I SO need this on an everyday basis!

Fr. Mark says

Very good book! Pairs nicely with other healing books I've read. Directly gives help on how to combat the negative self-talk that keeps us captive to our brokenness. Not from Catholic perspective, but very compatible.

Anna says

This is a powerful, action-oriented book on experiencing emotions is a healthy way based on the principles of misbelief therapy. I highly recommend it to people who experience depression or anxiety, but it's also very informative and inspiring if you don't. It is told from a Christian perspective and has been a huge help to me personally. It looks deeply at the lies we tell ourselves and helps us replace them with truth.

Jake says

I feel as if every person should read this book, even if they are not struggling with the topics on the cover. It just gives practical advice for how you should think in life and deal with your biggest enemy, yourself.

David Carroll says

Every chapter was convicting; I found myself first frustrated, then amused, then hopeful, wrestling with myself and my mind from start to finish. Telling Yourself the Truth offers a very different approach to dealing with issues than I am used to seeing, especially in the context of Christian counseling. Definitely worth the read.

Linda says

If junior and senior high students could read this and let the truths guide their emotions and mindsets, a lot of the angst of growing up, acceptance, and peer pressure could be avoided.

Emily says

One of the most helpful books I've read!

This book was so practical and it really opened my eyes to the things I tell myself, and how to combat negative thinking. It's definitely a book everyone should read!

Sophia says

This is the best psychology book I've read in the last decade; possibly my entire life.

This was the textbook for a women's class I'm finishing up at one of my local churches - and it has been the most life-changing class I've ever taken (and I went to Harvard for gawd's sake). I bought both the Kindle (for read-aloud function) and the paperback so I could fill out the Study Guide at the end.

I have been through every kind of self-help, therapeutic method, somatic and energetic healing, coaching, counseling, bodywork, acupuncture, crystals and candle, New Age ritual, Christian inner healing, deliverance ministry, meditation technique, yoga, reiki, chakra cleanse, astrology, numerology, therapeutic drumming, shamanic cleansing, online course and in-person workshop you can think of - I even went to grad school for Marriage & Family Therapy and supported myself as a women's life and relationship coach for years - all in the name of healing from deep wounds and helping others heal. While all contributed in their own ways, they were mostly temporary or surface-level and I was still stuck in a spiral of hurt and struggle that I thought I could never get out of.

This class and this book is the first time I can finally see clearly and, more importantly, BREAK FREE from

the past. This book gets to the roots in a no-nonsense tone that neither judges nor coddles the reader. Even my cynical skeptical-agnostic, hates-change roommate asked me for the link to this book after seeing HALF A PAGE of it when I was reading it. (He's not the only one who's asked me more about this book.)

My life would not be the same and I shudder to think where I would be without this book. Thank you, God, for these ideas finally coming to me in one coherent book.
