

Self Help Book Review

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Mind Over Mood

By Christine A. Padesky, PhD and Dennis Greenberger, PhD

Highlights

- Cognitive therapy can be beneficial in moulding the way we interpret situations
- How to challenge automatic thoughts
- Changing one's mood can begin with small changes

Mind over Mood seeks to help the reader gain control over their thoughts and reactions to various situations in an effort to change their life by using cognitive behaviour therapy (CBT). This book encourages the reader to explore reasons that contribute to the problems they face and the factors that retain this issue in their everyday functioning. The authors make the connection between environmental change, physical reactions, moods, behaviours, thoughts, and how a trigger in one of these can have a domino effect on the others. They give examples of how small changes in one's life can influence a positive reaction in other aspects as well. Workbook exercises include a mood list in which the client notes moods they experience and learn how to challenge automatic thoughts with proof from their everyday experiences that illuminate contradictory evidence. They also introduce ways to put these newfound thought patterns into action by partaking in experiments within one's own life. The book includes helpful hint boxes which are useful because it poses questions to the reader in which the answers used are applied to the exercises. Initially, trying to fill out exercise sheets can feel like a daunting task so having the hint boxes as a guideline certainly reduces the initial apprehension.

This book is useful because it is written in clear and understandable language for clients and practitioners alike. It keeps the reader engaged by including various case studies of people who are experiencing a wide range of applicable issues. These issues include, but are not limited to: bereavement, retirement, partner's illness, depression, anxiety, addictions, and balance of family obligations. Since these case studies are relatable it becomes much easier to have faith in their success being possible in our own situations. This book is certainly a good foundation to start with if cognitive therapy is a new concept to the reader. Mind over Mood is particularly useful because it is a tool that allows the client to participate in their therapy between sessions and gives them the freedom to have more control over the process. This book can be used alongside therapy or on its own; however it is not a replacement to the therapeutic relationship. Exercises should be given enough time to complete- some can take a few hours but others are more long term and can take months to successfully finish.

KEY WORDS: Mind Over Mood, Anxiety, Depression, Anger, Guilt, Shame, Cognitive Behaviour Therapy, CBT, Workbook, Addictions, Automatic Thoughts, The Annex, Toronto