



# Thoughts and Feelings: Taking Control of Your Moods and Your Life

*Matthew McKay, Martha Davis, Patrick Fanning*

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You may struggle with anxiety and depression, or feel that procrastination or perfectionism is holding you back. Regardless of the issue, you've come to this book with a desire to change your thoughts and feelings for the better. This classic self-help workbook offers powerful cognitive therapy tools for making that happen.

Identify and prioritize their values for a more focused, fulfilling life

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