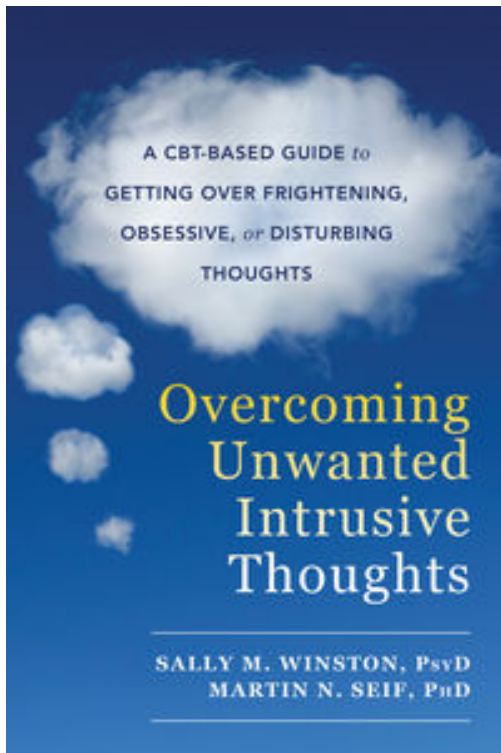


# Overcoming Unwanted Intrusive Thoughts

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**Overcoming Unwanted Intrusive Thoughts Download Online eBook Sally M. Winston & Martin N. Seif Free eBook PDF/ePub/Mobi/Mp3/Txt, You are not your thoughts! In this powerful book, two anxiety experts offer proven-effective cognitive behavioral therapy (CBT) skills to help you get unstuck from disturbing thoughts, overcome the shame these thoughts can bring, and reduce your anxiety.**

If you suffer from unwanted, intrusive, frightening, or even disturbing thoughts, you might worry about what these thoughts mean about you. Thoughts can seem like messages—*are they trying to tell you something?* But the truth is that they are *just thoughts*, and don't necessarily mean anything. Sane and good people have them. If you are someone who is plagued by thoughts you don't want—thoughts that scare you, or thoughts you can't tell anyone about—this book may change your life.

In this compassionate guide, you'll discover the different kinds of disturbing thoughts, myths that surround your thoughts, and how your brain has a tendency to get "stuck" in a cycle of unwanted rumination. You'll also learn why common techniques to get rid of these thoughts can backfire. And finally, you'll learn powerful cognitive behavioral skills to help you cope with and move beyond your thoughts, so you can focus on living the life you want. Your thoughts will still occur, but you will be better able to cope with them—without dread, guilt, or shame.

If you have unwanted thoughts, you should remember that you aren't alone. In fact, there are millions of people just like you—good people who have awful thoughts, gentle people with violent thoughts, and sane people with "crazy" thoughts. This book will show you how to move past your thoughts so you can reclaim your life!

*This book has been selected as an **Association for Behavioral and Cognitive Therapies Self-Help Book Recommendation**—an honor bestowed on outstanding self-help books that are consistent with cognitive behavioral therapy (CBT) principles and that incorporate scientifically tested strategies for overcoming mental health difficulties. Used alone or in conjunction with therapy, our books offer powerful tools readers can use to jump-start changes in their lives.*

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