



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

*Martha Davis PhD, Patrick Fanning, Matthew McKay PhD*

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**Thoughts and Feelings: Taking Control of Your Moods and Your Life** Martha Davis PhD, Patrick Fanning, Matthew McKay PhD

**Thoughts & Feelings** adapts the powerful and widely adaptable techniques of cognitive behavioral therapy (CBT) into a set of tools readers can use, not to solve a particular problem, but to overcome any of the emotional and behavioral changes that life throws their way. CBT recognizes that most negative feelings arise from confused, irrational thoughts. By learning to identify and change these thoughts and by replacing destructive and limiting behaviors with new, more constructive ones, readers can start steering their lives in the direction they want to go.

Changes to this new edition include revisions and updates to the core CBT chapters as well as a new chapter on how to use mindfulness to bring focus and intention to the process of change.

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