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SOS Help For Emotions: Managing Anxiety, Anger, And Depression is a self-help book that is fun to read and easy to use. By understanding and applying insights and techniques from this book, you will learn useful self-help methods from cognitive behavioral therapy (CBT).

Lynn Clark

SOS Help For Parents (updated in 2013) improves the behavior and emotional adjustment of children, ages two to twelve. To see SOS Videos and all SOS Books, click on (by Lynn Clark Author) just below the Main Title of this book. Used internationally by parents, educators, and counselors, this parenting book is translated into 17 languages.

SOS Help for Emotions: Managing Anxiety, Anger, and Depression

Lynn Clark, PhD. Author, Clinical Psychologist, and father of two sons See 12 video clips of my SOS books and videos at my homepage "sosprograms.com" SOS Help For Emotions: Managing Anxiety,

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Anger, and Depression (an adult self-help book in 8 languages) and SOS Help For Parents (in 18 languages) are two books that I have written based on my professional experience and on research studies of others.

By Lynn Clark Sos Ayuda

SOS Help For Parents is a book and parent education program which helps children, ages two to twelve, to improve their behavior and emotional adjustment. Available in eight languages, SOS is internationally used by parents. The book teaches over 20 methods for managing 46 different problem behaviors.

Amazon.com: SOS: Help for Parents, Third Edition: A ...

SOS Ayuda Con Las Emociones: Como Manejar la Ansiedad, la Ira, y la Depresion, is a self-help book for adults and older teens. By understanding and applying this book, you can enhance your emotional intelligence and learn useful self-help methods from cognitive behavior therapy.

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SOS Help for Emotions teaches adult readers what to do to manage feelings in ways that don't get them Using the techniques and tools of cognitive behavioral approaches and Rational Emotive Behavioral Therapy, Lynn Clark can help anyone learn to manage their troublesome emotions for a happier, more peaceful life.

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by Lynn Clark, Ph.D. SOS Ayuda Con Las Emociones - Como Manejar La Ansiedad, La Ira, Y La Depression is a self-help book that is fun to read and easy to apply. By understanding and applying insights and techniques from this book, you will learn useful self-help methods from cognitive behavior therapy.

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