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Mental Health Through Will-Training (A System of Self-Help In Psychotherapy As Practiced by Recovery, Incorporated)

Abraham A. Low

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Mental Health Through Will-Training (A System of Self-Help In Psychotherapy As Practiced by Recovery, Incorporated) Abraham A. Low
Mental Health Through Will-Training is one of the main resources for the explanation and application of the cognitive behavioral self-help techniques developed by Abraham Low, MD. The book not only lays out the framework for developing better living skills, it is also essential for taking part in Recovery International meetings, as it fully describes such self-help tools as: Humor is our best friend, temper is our worst enemy. Have the courage to make a mistake. People do things that annoy us, not necessarily to annoy us. Tempers are frequently uncontrolled, but not uncontrollable. Every act of self-control leads to a sense of self-respect. Temper is an intellectual blindness to the other side of the story.

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