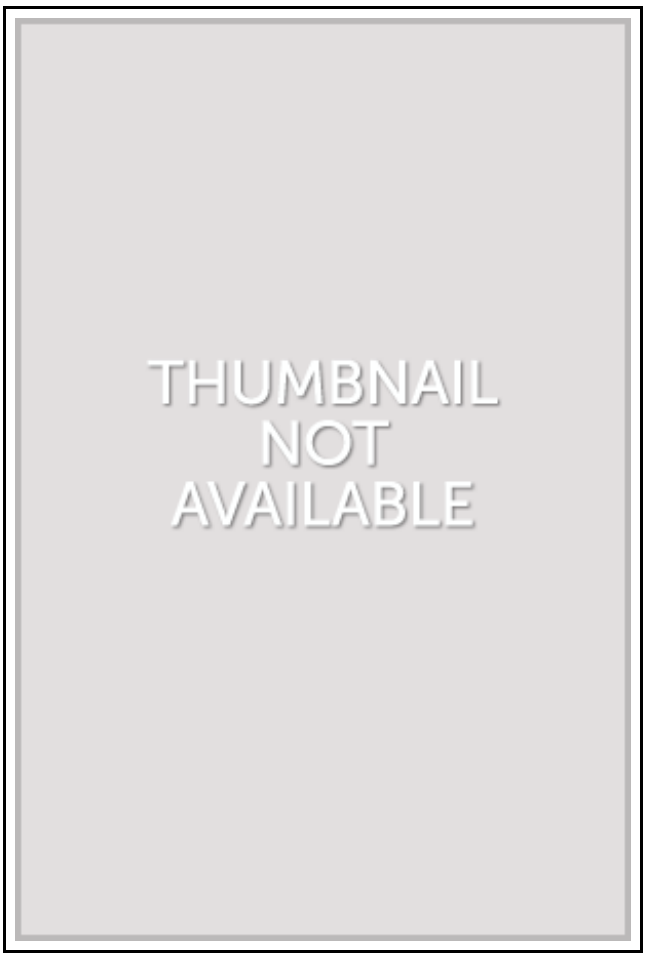
Calming the Emotional Storm: Using Dialectical Behaviour Skills to Manage Your Emotions and Balance Your Life



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Reviews

Absolutely among the best publication I have got at any time go through. It really is writter in straightforward phrases rather than hard to understand. Its been designed in an extremely straightforward way which is just soon after i finished reading this publication through which basically modified me, alter the way i believe.

(Mrs. Velda Tremblay)

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New Harbinger Publications. Paperback. Book Condition: new. BRAND NEW, Calming the Emotional Storm: Using Dialectical Behaviour Skills to Manage Your Emotions and Balance Your Life, Sheri Van Dijk, Dialectical behavior therapy (DBT) is a therapeutic modality that was originally developed for the treatment of borderline personality disorder (BPD). Since the advent of this therapy, millions of people without the disorder have found DBT skills endlessly useful for helping manage out-of-control emotions and curbing impulsive behaviors that they just can't stop. Calming the Emotional Storm is the first book to offer an accessible, general introduction to these DBT skills for anyone who feels overwhelmed by their emotions or feels that their emotions have led them to experience out-of-control behaviors and personal crises. Readers learn to understand and manage their emotions and begin to choose their actions rather than acting on impulses. They also practice calming their emotions in times of stress by embracing acceptance and fostering positive emotions about themselves. These life-changing skills can save many readers from unnecessary suffering due to the "emotional storm" inside.

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