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"Buchrückseite The truth will set you free! I dropped the ball and feel like a failure as a parent/spouse/friend, or, I lost my job; I am useless. This is negative self-talk at its finest. Negative thinking produces negative emotions, negative reactions, and negative behavior. Don't be a victim of circumstances; self-destroying lies will keep you from achieving true happiness. But true happiness is possible if you stop believing your lies. The authors explain Misbelief Therapy, a life-changing method, in an easy-to-understand way. Learning to deal with your thoughts, they say, is the first step to healthy thinking. They'll help you stop the misbelief, I'm so lonely and miserable, and replace it with the truth: I'm alone, but not lonely. God loves me with an everlasting love, and I am invaluable to Him. Once you pull the negative thoughts out and replace them with the truth, you will see that you can lead a satisfying and fulfilling emotional life. Based on the Bible, *Telling Yourself the Truth* has continuously helped thousands of people for more than thirty years. This newest edition now includes a helpful study guide. Über den Autor und weitere Mitwirkende William Backus, PhD, founded the Center for Christian Psychological Services. Before his death in 2005, he was a licensed clinical psychologist and an ordained Lutheran clergyman. He wrote many books, including *What Your Counselor Never Told You*."

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