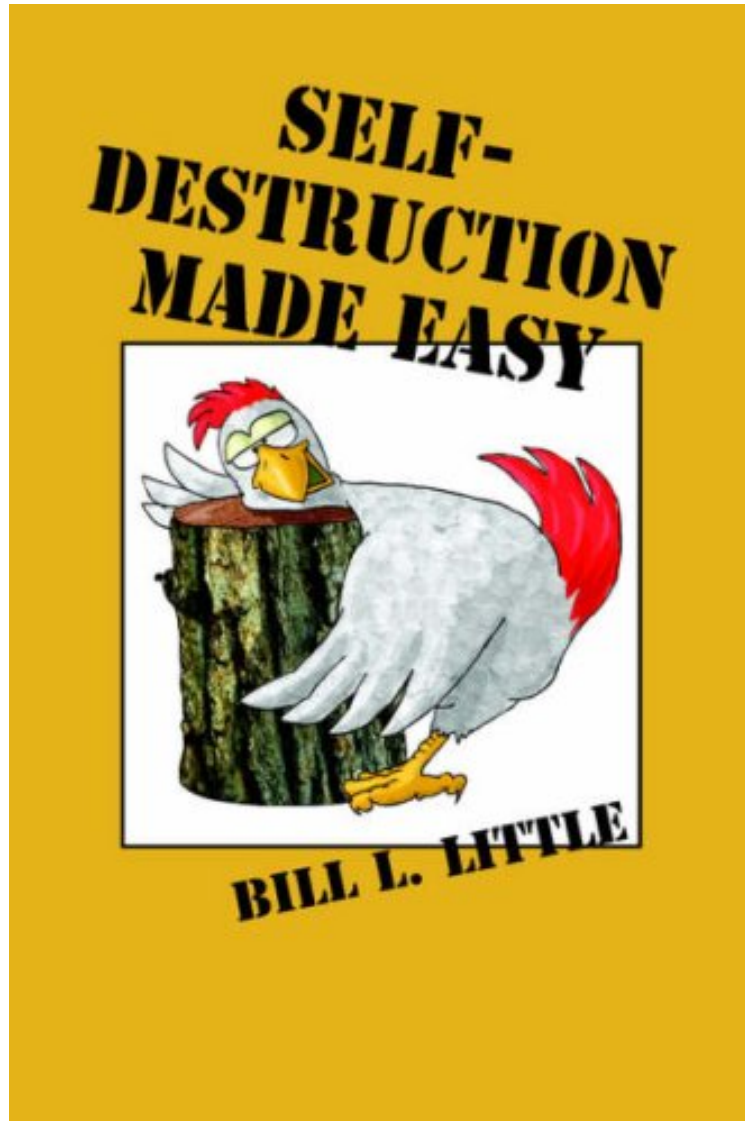


Self-Destruction Made Easy

Bill L. Little

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Bill L. Little : Self-Destruction Made Easy before purchasing it in order to gauge whether or not it would be worth my time, and all praised Self-Destruction Made Easy:

0 of 0 people found the following review helpful. Humor is a clever way to defuse negativity By Michael C. Haensel With depression and/or anxiety, negative thoughts and feelings repeat until you can't deal with life normally. Medication can help, but once medication lifts you out of the hole, how do you keep from falling in again? Self-Destruction Made Easy points out - gently, subtly, and with humor - how our behaviors reinforce small negative emotions and expand them into life-breaking problems. The author's approach keeps me from taking the emotions too

seriously. That makes it easier to work through why I feel bad, and solve the underlying problem. Sometimes just stopping the reinforcing behavior is enough. This book is on my permanent re-reading list. If you have fought depression or anxiety more than once, I highly recommend this book! 0 of 0 people found the following review helpful. Well Worth Your Time To Read This Book By Bill Baehr This is a very useful and entertaining book. I was surprised that a Baptist minister could write such a useful and fun book. Apparently they are not all harsh, serious judges of us sinners. Easy to read and plenty of great self-help content for anyone even if you are not religious.

A licensed psychologist shows you how to self-destruct if you choose! This warm-hearted, witty book dares you to cling to your neurotic symptoms, your depressions, your anxieties, and your unhealthy relationships.

From the Publisher A licensed psychologist shows you how to self-destruct, if you choose! From the Back Cover "Virtually anyone who reads this book can appreciably widen his or her 'free will' and intentionally create happiness and satisfaction instead of needless pain." --Albert Ellis, Ph.D. Building on twists and paradoxes, Bill L. Little shows you how to get rid of problems by understanding how they are produced. This warm-hearted, witty book dares you to cling to your neurotic symptoms, your depressions, your anxieties, and your unhealthy relationships and mess up your life with sundry colorful phobias, dependencies, and addictions. Misery is an art--not just a state of mind. Learn it. Wallow in it. Use it. Sneak up on your troubles from behind and throw them all into hopeful perspective. From a wise counselor who has been helping people with problems since the 1970s, this book is probably one of the most enlightening you'll ever read and also one of the funniest. Bill L. Little, a native of Gideon, Missouri, holds a B.A. from East Texas Baptist College, a Th.M. from Midwestern Baptist Theological Seminary, an M.S. from Southern Illinois University, and a Ph.D. from Washington University. He has taught at Washington University, University of Missouri in St. Louis, and Missouri Baptist College and has conducted conferences on alcoholism, marriage and family relations, stress, communications, management, and motivation. About the Author Bill Little has a Ph.D. in counseling from Washington University and has worked with cancer patients for more than twenty-five years. Through the years he has come to understand that the same common-sense interventions that help the body fight disease could also help the body prevent disease. A full-time pastor, Little has served as an oncology counselor and researcher at St. Louis hospitals. He has also worked with professional athletes, using visualization and concentration techniques to sharpen physical skills. Little is an accomplished author and also has written *Self-Destruction Made Easy*. He resides in St. Louis with his wife, Theresa Gay.