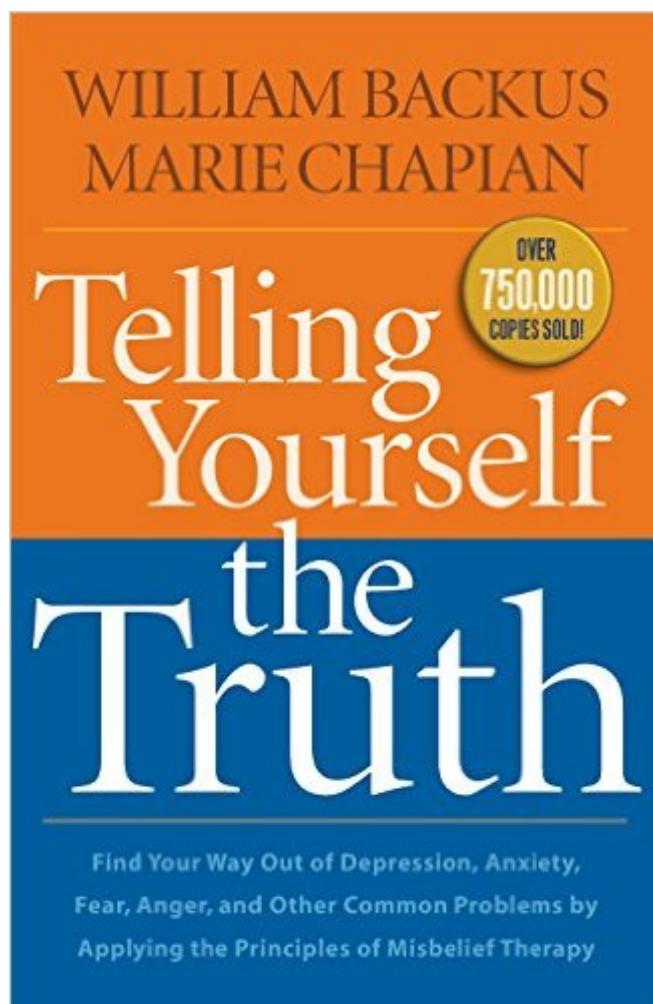


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# Telling Yourself The Truth: Find Your Way Out Of Depression, Anxiety, Fear, Anger, And Other Common Problems By Applying The Principles Of Misbelief Therapy



## **Synopsis**

Find your way out of depression, anxiety, fear, anger, and more by applying the principles of Misbelief Therapy. Learn how to handle emotions properly.

## **Book Information**

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Best Sellers Rank: #18,063 in Books (See Top 100 in Books) #15 inÂ  Books > Christian Books & Bibles > Ministry & Evangelism > Counseling & Recovery #37 inÂ  Books > Health, Fitness & Dieting > Mental Health > Anxiety Disorders #44 inÂ  Books > Health, Fitness & Dieting > Mental Health > Mood Disorders

## **Customer Reviews**

Backus' book is an excellent read for knowing how to properly handle our thoughts and reactions to others. Among the points Backus covers include: 1. We do not have to strive for the approval of others. 2. When beliefs change, behavior will change. 3. Truths about anger and pleasing others. 4. We are not victims, we can make choices! 5. Be careful of manipulation. 6. Misbeliefs and truths about being indispensable. 7. Truths about taking chances. 8. Unlearning old thinking. Bakcus accurately states that much of what happens to us results from the way we think. Read and be encouraged to change your inappropriate thoughts!

The step by step information in this book changed my life. Even as a faithful Christian and successful business owner, I had a significant problem with anger. My wife, family and friends and have seen a dramatic change. This powerful book addresses the negative self talk that almost all people have. More importantly it gives biblical instruction on how to stop it and the destruction that it causes.

To improve the quality of your life improve your thought life. The truth sets you free from depression,

guilty, confusion, and anxiety. This book shows you how to replace self-defeating thoughts with healthy thoughts that build you up. It is based on principles from the Bible. We're told early in the book, "you'll believe what you tell yourself" (p. 18). Consequently it is important not to be deceived. Self-deception can hold a person back from living the abundant life Jesus sacrificed to give us. In laying the background for the rest of the book, he tells us on page 21: "In emotional and mental health, what you believe is all important. It makes a difference what you believe. Other people, circumstances, events and material things are not what make you happy. What you believe about these things is what makes you happy or unhappy." Actions grow out of beliefs. You will behave, based on what you believe. In fact, the chemicals in the physical brain are affected by the thoughts one thinks. Chapter 3 does a masterful job of explaining how negative thoughts are deceptive. In the chapter's summary, he writes, "Remember, any thoughts that reflect hopelessness, desperation, hate, fear, bitterness, jealousy, or envy are the words and thoughts generated by demonic falsehood" (p. 35). Chapter 5 contains a nugget on effective prayer, "Instead of praying the problem, pray the answer" (p. 61). The book takes a negativity and examines how it is a deception. For example, anger or fear. As a person realizes the truth, the negative is replaced with the positive. Read this book and grow healthy mentally.

After reading a countless number of Christian self-help books, I still struggled with much anxiety, fear, depression & anger. I finally broke down & went to see a Christian counselor. He recommended that I read this book. Although I got the version with the workbook included. I don't know if this one has the workbook. Anyway, for me this book provided me with ground-breaking truths of God's word & helped me to identify the silly & absurd misbeliefs I had been telling myself for years! I would recommend that everyone read this book. If you're honest about wanting to change & willing to devote an hour or so each day for six weeks, this book WILL CHANGE YOUR LIFE!!!

Probably one of the best self-help books you could possibly read. This was recommended to me by a friend to help me deal with a relationship, and it has gone far beyond that. Not only can I deal with my relationship now, I can deal with all aspects of life. I have a choice in how, with the Lord's help, I deal with EVERYTHING. I can choose to be angry or not. I can choose to be sad or not. Please, go buy this book!!

This book was given to me, by my Pastor, nineteen years ago after I suffered an immense personal tragedy. I have read and re-read it a dozen times and continue to be amazed by its healing and

straight-forward approach. No matter what situation you find yourself in, this book can help you evaluate your emotions honestly and bring clarity. THIS IS THE GREATEST TOOL FOR OVERCOMING DEPRESSION I HAVE EVER COME ACROSS.

I chose this book for a Ladie's Bible Study at our church because we had really lost a lot of energy and excitement in our Tuesday morning studies. The truth in this book has truly set many of our ladies free to honestly face what's in their lives and to still believe that God is in control. They are beginning to have the courage to face circumstances & people and realize that their value doesn't come from those things. William Backus and Marie Chapian have laid out a plan of action - identifying misbeliefs in your life, arguing against them and replacing them with the truth - that has breathed new life back into many ladies at our church. I haven't even been able to keep enough of them in stock because they have been giving them to their friends and family! The results have been tremendous - they are learning how to deal with real issues like intimidation, low self-esteem and wrong expectations and they are learning that God is FOR them!

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