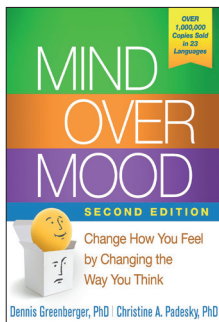


Mind Over Mood: Change How You Feel by Changing the Way You Think
Dennis Greenberger and
Christine A Padesky

Guilford Press, 2015, PB, 341pp, £18.99,
 978-1462520428



THINK BETTER, FEEL BETTER

With the backing of Aaron T Beck, the very founder of Cognitive Behavioural Therapy (CBT), and written by Drs Greenberger and Padesky, two of the biggest names in modern psychiatry, the authenticity of *Mind Over Mood* speaks for itself. Although primarily a workbook for sufferers of mental health problems, there is much more on offer. Early on in the book we are told:

'(It) teaches you strategies, methods, and skills that have been shown to be helpful with mood problems such as depression, anxiety, anger, panic, jealousy, guilt, and shame.'

The book is something of a universal handbook on how to handle negative emotions — universal, that is, because these emotions are oft-present fibres in the complex weave of human emotion. The concept of CBT is to change the negative thought processes that underlie and lead to detrimental feelings, which, in turn, may develop into psychological issues such as anxiety. Although an adverse situation may be beyond one's control, how one deals with it might not be. As the book's tagline suggests, *'Change how you feel by changing the way you think'*.

The book includes worksheets and practical exercises to recognise and alter negative thought processes. Some of the 'behavioural experiments' may seem repetitive and cumbersome, so an 'approach with perseverance' attitude is worth adopting.

One exercise involves writing out new behaviours linked to the individual's new core belief based on what the book has taught them so far. For the indifferent user

this could seem quite the task, if not a waste of time, but there are gains to be had with some persistence and patience. At best, this book is an engaging journey in reflection and active problem-solving leading to a better health outcome. At worst, it is a mere distraction. Realistically, it probably lies somewhere in between, but in any case it is likely to be a constructive use of time for the depressed or anxious patient — time that may otherwise have been spent in rumination.

The book is best suited to individuals with low-risk symptoms of stress or anxiety, those usually managed in primary care, a valuable bit of 'homework', and in between mental health review appointments with the GP.

In those requiring a specialist referral, it serves as an excellent segue into therapist-run CBT sessions. For those not experiencing mental illness the book can be read from the point of view of learning general life skills and it does indeed have the potential to invoke a more positive and pragmatic approach to one's way of thinking.

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