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Using the techniques and tools of cognitive behavioral approaches and Rational Emotive Behavioral Therapy, Lynn Clark can help anyone learn to manage their troublesome emotions for a happier, more...

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Using the techniques and tools of cognitive behavioral approaches and Rational Emotive Behavioral Therapy, Lynn Clark can help anyone learn to manage their troublesome emotions for a happier, more peaceful life. SOS Help for Emotions teaches adult readers what to do to manage feelings in ways that don't get them in trouble or hurt others.

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SOS Help For Emotions: Managing Anxiety, Anger, And Depression is a self-help book that is fun to read and easy to use. SOS teaches you the steps for managing anxiety, anger, depression, and other unpleasant feelings. By understanding and applying insights and techniques from this book, ...

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SOS Help for Emotions: Managing Anxiety, Anger, and ...

SOS Help For Emotions is a self-help book that is fun to read and easy to apply. By understanding and applying techniques from this book, you will learn useful self-help methods from cognitive behavioral therapy. You will gain insight into changing your thoughts and feelings and for becoming more successful in attaining your goals.

SOS Help for Emotions: Managing Anxiety, Anger, and ...

The SOS Care Text is SOS' first text messaging service aimed to provide an alternative avenue for emotional support. This service is operational from 6:00pm to 6:00am on Monday to Thursday and from 6:00pm to 11:59pm on Friday. For support on weekends and Public Holidays, please call our toll-free hotline at 1800-221 4444 or email pat@sos.org.sg.

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STOPP is a strategy that will help you in the heat of the moment when you are dealing with intense emotions. It incorporates aspects of Cognitive Behavioral Therapy (CBT), DBT, and mindfulness meditation to help you more effectively address and manage your emotional response to a challenging, difficult, or rage-inducing incident. STOPP stands for:

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Online Videos - Emotions Self-Help. These free videos help managing emotions of anxiety, anger, depression, bipolar, and trauma. It's CBT, REBT therapy and counseling for adults, teens, used by psychologists, educators, therapists, social workers, and clinics. See "Video SOS Help For Emotions: Mana

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