

# Book review

## Mind Over Mood

Change How You Feel by Changing the Way You Think

**Category:** Book Reviews / Self-help

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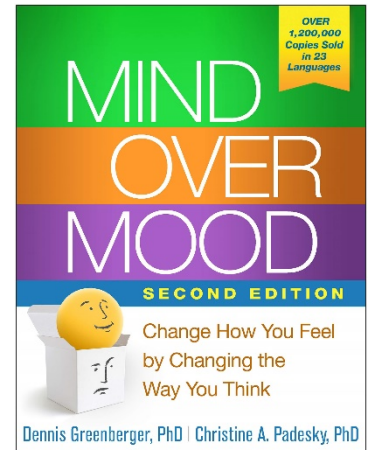
**Year:** 2020

**Publisher:** Guilford Publications, US

**ISBN:** 9781462520428

**Audience:** Supporting Myself

**Summary:** Workbook for patients to learn CBT skills to treat and manage depression, anxiety and other mental health conditions



Cognitive behavioural therapy (CBT) is probably the mostly widely used evidence-based therapy to treat mental illness. *Mind Over Mood*, written by two leading clinical psychologists from the US, is a workbook designed for patients to learn CBT skills to treat and manage depression, anxiety and many other mental health conditions.

The book provides step-by-step methods on how to analyse thought patterns, complete with worksheets which are user-friendly and laid out in a cohesive, simple way.

### Practical questionnaires and exercises

There are also lots of useful questionnaires to guide you on how to use the CBT methods to overcome challenges in a pragmatic way. I liked the summary boxes at the end of each chapter, which also include mood and goal checks, which encourage positive, mindful habits to practise.

Aside from the nuts-and-bolts strategies in *Mind Over Mood*, four case studies are outlined, which demonstrate the effectiveness of CBT. These real-life accounts break up a lot of information in the book that would be hard to navigate and absorb otherwise.

Originally published in 1995, it's widely reported that many clinicians have used *Mind Over Mood*, in conjunction with using the accompanying clinician's guide.

*Mind Over Mood* is not what I would call an easy read, but instead provides strong tools to learn the proven methods of CBT. Used as part of a wider therapy with a trained mental health professional, this book could make a big difference in the journey to wellness.

**Reviewed by Paulette Crowley, freelance health writer**

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