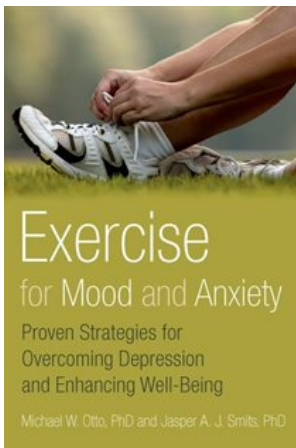


# Exercise for Mood and Anxiety: Proven Strategies for Overcoming Depression and Enhancing Well-Being



Click [here](#) to purchase.

Authors: Michael W. Otto and Jasper A.J. Smits Oxford University Press (2011).

With [Exercise for Mood and Anxiety](#) , Michael Otto and Jasper Smits, well-known authorities on cognitive behavioral therapy, take their empirically-based mood regulation strategy from the clinic to the general public. Written for those with diagnosed mood disorders as well as those who simply need a new strategy for managing the low mood and stress that is an everyday part of life, this book provides readers with step-by-step guidance on how to start and maintain an exercise program geared towards improving mood, with a particular emphasis on understanding the relationship between mood and motivation. Readers learn to attend carefully to mood states prior to and following physical activity in order to leverage the full

benefits of exercise, and that the trick to maintaining an exercise program is not in applying more effort, but in arranging one's environment so that less effort is needed. As a result readers not only acquire effective strategies for adopting a successful program, but are introduced to a broader philosophy for enhancing overall well-being.

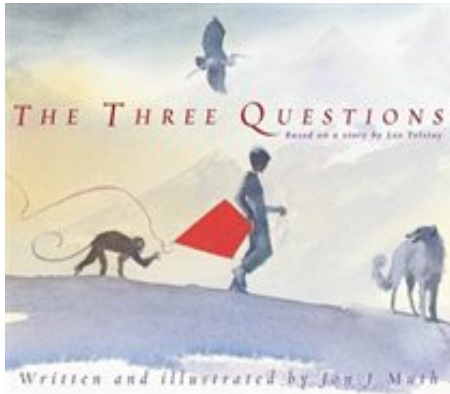
Providing patient vignettes, rich examples, and extensive step-by-step guidance on overcoming the obstacles that prevent adoption of regular exercise for mood, [Exercise for Mood and Anxiety](#) is a unique translation of scientific principles of clinical and social psychology into an action-based strategy for mood change. (From the publisher.)

[www.shiftct.com](http://www.shiftct.com)

Shift Cognitive Therapy Oakville is a psychology practice that helps with depression, anxiety and changing behaviour.

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## The Three Questions



Author: Jon J Muth. Scholastic (2002).

Based on a story of the same name by Russian novelist Leo Tolstoy, Jon J Muth's [The Three Questions](#) invites readers to consider the very big mystery of why we are all here. Intended as a children's book, but one that can be enjoyed by adults as well, Muth tells the story of a boy named Nikolai who is unsure about the right way to act. He looks to his animal friends for answers to three nagging questions: 'When is the best time to do things?' 'Who is the most important one?' and 'What is the right thing to do?' Each friend has their own ideas but it isn't until Nikolai is faced with the challenge of helping someone else (in this case a mother panda and her baby) that he discovers his own answers.

The book features Muth's signature style of water colour illustrations and is one of his many works that presents complex Zen Buddhist philosophies in ways that are accessible and easy for readers of all ages to grasp. His other series of books features Stillwater the panda and include [Zen Shorts](#) , [Zen Ties](#) and [Zen Ghosts](#) . They are at once beautiful pieces of artwork and invitations to reflect on our own beliefs and the ways we choose to relate to other people. It is through this same lens that [The Three Questions](#) crosses the line between children's book and useful clinical tool.

Common to each of anxiety, worry and depression is the tendency to ruminate, that is, to get lost within our own thoughts, to dwell on the possibility of future concerns, to get stuck in endless loops of doubt and dread and, in the process, lose touch with the real opportunities for calm and

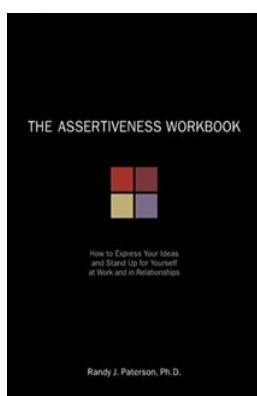
connection that are always right there in front of us. In answering Nikolai's three questions, Muth offers a simple set of lessons that, when practiced, provides an escape from the ruminative traps of anxiety and depression and an opportunity to reconnect with the present moment and those things that really matter.

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## **The Assertiveness Workbook: How to Express Your Ideas and Stand Up For Yourself at Work and in Relationships**



Author: Randy J. Paterson. New Harbinger (2000).

If you feel guilty saying 'no' to unreasonable requests or shy

away from expressing your needs and opinions; if you find yourself passively going along with the crowd instead of doing what you want; or if you find yourself exploding angrily after long periods of holding your tongue, then you might be struggling with assertiveness.

Being assertive means communicating your needs, thoughts and opinions in ways that are respectful and preserve the relationship between yourself and the other person. It means really *being with* another person, listening and connecting with them, and taking the chance to expose more of your true self. Many people never learn to assert themselves and struggle with the consequences of resentment and feeling unappreciated and misunderstood. Not realizing that unassertiveness is the result of our own habits of mistaken thinking we often blame others for our discomfort and fears, weakening relationships and increasing the likelihood of destructive conflicts.

Randy Paterson's [The Assertiveness Workbook](#) is a useful resource to help readers develop the tools and skills necessary to begin communicating more effectively and more honestly. It explains the differences between aggressive, passive, passive-aggressive and assertive forms of communication and offers a variety of exercises to build confidence through regular practice. Coming from a cognitive behavioural perspective, Paterson discusses how thoughts, feelings and behavioural habits all contribute to the ineffective strategies of hiding from and dominating others that people who are unassertive typically rely on. He teaches readers to recognize faulty beliefs that tell us we are inadequate or unworthy of other people's attention, and structures behavioural experiments to begin changing such ideas through positive practice. He also provides detailed information about how to turn disruptive conflicts with others into constructive experiences that build and strengthen relationships.

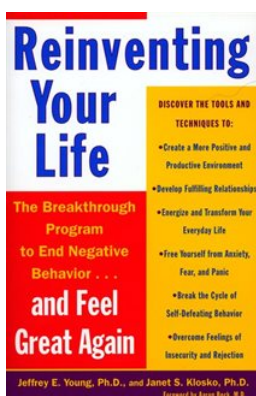
The psychologists at Shift Cognitive Therapy regularly work with people who struggle to express themselves and may recommend this book to you as a part of your treatment.

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# Reinventing Your Life: The Breakthrough Program to End Negative Behavior and Feel Great Again



Authors: Jeffrey E. Young and Janet S. Klosko.  
Plume (1994).

- Why am I always choosing partners who are no good for me?
- Why can't I say no without feeling guilty?

- Why do I always feel like what I do is never good enough?

Questions like these and the problems they cause are often the result of stable beliefs that repeatedly move us to do some things and not others, even when doing so causes pain and unhappiness. Psychologists Jeffrey Young and Janet Klosko call these beliefs 'lifetraps' and created the workbook [Reinventing Your Life](#) to help people identify and change these destructive patterns. Also known as schemas (pronounced 'skee-mas'), lifetraps are deep-rooted beliefs about ourselves and the world that we learn in childhood and gradually come to view as 'Me.'

A good example of this is your own name. When you were born into the world someone gave you that name and, over time, told you and showed you what kind of person you were. 'Good people do this but not that' they might have said, or perhaps someone yelled at you when they were stressed out. Over time, your young brain took all of those hundreds of thousands of experiences and cobbled together a complex model that gave you a sense of your identity and your worth as a person. Over your lifetime that sense felt increasingly familiar and you lived as if it was 'You.'

Using understandable language and case studies as examples, the authors explain how all children have basic needs for safety, connection, self-esteem and self-expression. When the environment allows for those needs to be met, most children develop well enough. However, when a child's environment is consistently lacking lifetraps can take root. For example, some children don't have the experience of feeling precious and special; they grow up without a sense of being loved or valued. Some of these children may develop what Young and Klosko call the Emotional Deprivation lifetraps and come to believe that no matter what they do, they will never get the love they need. As adults people with this lifetraps may find themselves being distant in close relationships, not telling

partners what they need, and blaming partners for not knowing.

Other lifetraps cause people to consistently believe that they can never truly trust another person, that they are a failure no matter how many successes they experience, that nothing they do is ever good enough, and that the needs of others are always more important than their own.

The real value of this workbook comes in the many tools the authors provide to help readers identify and change their own lifetraps. Each lifetraps is given its own chapter and a questionnaire to determine its applicability. Each chapter also contains useful information readers can use to help change behaviour to change beliefs.

The psychologists at Shift Cognitive Therapy are skilled in working with lifetraps and schemas, and may recommend this book to you as a useful part of your treatment.

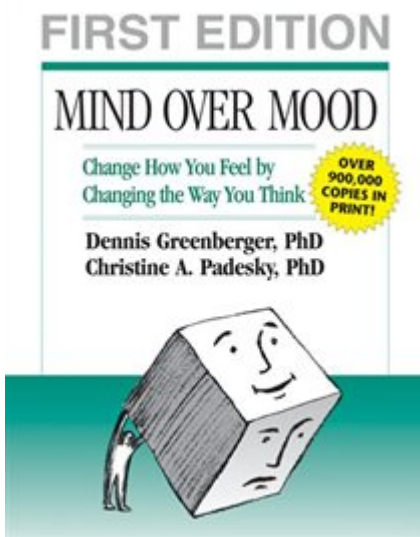
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**Mind Over Mood: Change How  
You Feel by Changing the Way  
You Think**





Authors: Dennis Greenberger and Christine Padesky. Guilford Press (1995).

[Mind over Mood: Change How You Feel by Changing the Way You Think](#) is a classic among cognitive therapy workbooks. The world renowned and highly accomplished clinician-authors present step-by-step instructions to help readers learn to cope with the symptoms of depression, anxiety, anger, shame, low self-esteem and problems in relationships. It begins with a description of the cognitive model, explaining that thoughts, feelings and behaviours are interrelated and influenced by daily life events. From there, it goes on to teach a variety of tools readers can use to change their lives. It is easy to read and carries the examples of three individuals throughout the book to illustrate the entire range of coping tools.

Its simplicity and ease of use are two reasons why this book is such a valuable resource. The authors gently guide readers through the initial processes of learning to see how upsetting thoughts affect feelings and actions, and into the more difficult tasks of beginning to challenge the validity and usefulness of those thoughts. The book helps readers to explore the historical origins of their negative self-concepts and to begin making changes in behaviour to improve self-esteem and eventually enable readers to get where they want to be. Worksheets are ready to be copied for practice in the real

world and each follows examples that show exactly how to use the skills, gradually building towards the goal of effective coping.

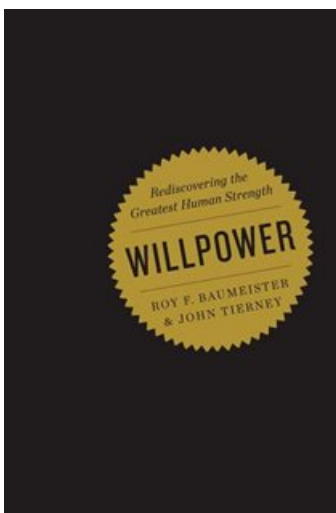
Mind Over Mood is one of the most commonly referred self-help workbooks because it is easy to use and yields results when the exercises are followed. Also, because it provides such detailed instruction it can be a useful supplement to sessions with your therapist, keeping you on track and moving forward between therapy sessions.

[www.shifttct.com](http://www.shifttct.com)

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## **Willpower: Rediscovering the Greatest Human Strength**



Authors: Roy F. Baumeister & John Tierney.  
Penguin Press (2011).

Every once in a while a book comes along that really helps to make sense of why things happen as they do. [Willpower: Rediscovering the Greatest Human Strength](#) is one of them.

Drawing from decades of social psychology research, psychologist Roy F. Baumeister and journalist John Tierney provide interesting and easily digestible explanations of what we know about human willpower; not just how we struggle with it, but how we can harness it to get us what we want. They explain, for example, that the will is like any other strength: it has a limited supply of energy, that energy is depleted as we use it, and we have a single stockpile of it to use on every one of the various challenges we face. When you appreciate that we spend close to four hours each day trying to control our thoughts and emotions, resisting urges and maintaining efforts towards chosen goals, it's easy to understand why it can be so hard to find the energy or drive to tackle other challenges, like starting to exercise or finishing chores we don't really want to do.

The authors present a number of proven strategies to increase the chances of success when changing routines. These include making sure you keep your engine fueled with adequate sleep and quality food, changing only one thing at a time, and learning to 'play offence instead of defence' by using limited willpower resources to create sustainable positive routines rather than spending valuable resources scrambling to cope in emergencies.

Making positive changes in life is hard enough. Give yourself a leg up by working with your strengths, not against them. Call us if you continue to struggle. Psychologists are experts at behaviour change.

[www.shiftct.com](http://www.shiftct.com)

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a focus on change.