Self-Coaching: The Powerful Program to Beat Anxiety and Depression, Joseph J. Luciani, Ph.D., John Wiley & Sons, 2010, 0470893702, 9780470893708, 272 pages. The simple, untold truth about anxiety and depression is that they are habits of insecurity—and, like all habits, they can be broken. In this new edition of the highly successful Self-Coaching, Dr. Joseph Luciani shows you how to change your way of thinking and develop a healthy, adaptive way of living through his proven Self-Talk strategy for coaching yourself back to health.

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The 60 Second Organizer, Jeff Davidson, ...

The Depression Solutions A Strength and Skills-Based Approach, Jacqueline Corcoran, 2009, Self-Help, 214 pages. This workbook integrates three proven and effective therapies to help those suffering from depression--two designed to motivate the depressed person to change and one designed ....

The Power of Self-Coaching The Five Essential Steps to Creating the Life You Want, Joseph J. Luciani, Ph.D., Aug 4, 2004, Self-Help, 256 pages. An easy program for freeing yourself from your mental and emotional traps-and leading the life you want and deserve "This empowering book will teach, inspire, and coach you to ....

AARP Self-Coaching The Powerful Program to Beat Anxiety and Depression, Joseph J. Luciani, Ph.D., Apr 23, 2012, Self-Help, 272 pages. AARP Digital Editions offer you practical tips, proven solutions, and expert guidance. The simple, untold truth about anxiety and depression is that they are habits of ....

The Depression Advantage, Tom Wootton, 2007, Psychology, 196 pages. Drawing from historical and literary examples ranging from the lives of the saints to Buddhist parables to pop-culture heroes like the X-Men, "The Depression Advantage ....

Multicultural Manners Essential Rules of Etiquette for the 21st Century, Norine Dresser, Jan 7, 2011, Self-Help, 304 pages. Both highly informative and entertaining, Multicultural Manners gives readers the understanding they need, the perfect words to say, and the correct behavior to use in a wide ....


Anxiety & Depression A Practical Guide to Recovery, Robert G Priest, Oct 31, 2011, Family & Relationships, 144 pages. Feelings of anxiety and depression confront us all from time to time, and can vary in their severity. Recognising the symptoms, understanding their causes and effects, and ....

Self-Coaching How to Heal Anxiety and Depression, Joseph J. Luciani, Ph.D., Feb 28, 2002,
Self-Help, 272 pages. "A groundbreaking, fast-paced, action-oriented new training program for dealing with mild to moderate anxiety and depression, Self-Coaching is a dramatic and fresh departure....

The experience of depression, Dorothy Rowe, Apr 10, 1978, , 275 pages.

Beyond the Blues A Workbook to Help Teens Overcome Depression, Lisa M. Schab, 2008, Juvenile Nonfiction, 173 pages. Many people experience depression at one time or another in their lives, but during the adolescent years, the vast number of physical, emotional, and mental changes that occur....

10 Simple Solutions for Building Self-Esteem How to End Self-Doubt, Gain Confidence, & Create a Positive Self-Image, Glenn R. Schiraldi, Jul 1, 2007, Self-Help, 184 pages. Easy Ways to Appreciate Yourself Learn to appreciate yourself with these ten simple solutions for building self-esteem. These easy-to-grasp tips for fostering a positive sense....

Control Freak Hormones, the Brain, and the Nervous System, Steve Parker, 2006, Juvenile Nonfiction, 48 pages. Describes the parts of the brain and explains how they regulate movement, emotions, and senses..

The Control Freak, Les Parrott, 2001, Religion, 193 pages. A clinical psychologist shows readers how to spot a "control freak" and cope with their behavior, emphasizing God's assistance in dealing with difficult people. Reprint. $100....

The simple, untold truth about anxiety and depression is that they are habits of insecurity and, like all habits, they can be broken. In this new edition of the highly successful Self-Coaching, Dr. Joseph Luciani shows you how to change your way of thinking and develop a healthy, adaptive way of living through his proven Self-Coaching Talk strategy for coaching yourself back to health.

"I am a tireless advocate for taking responsibility for your actions and your life. It's sometimes hard to do, especially for people who are lugging a lot of emotional baggage from childhood. Dr. Luciani's book is a clear, concise blueprint for those who want to leave their history behind and move toward emotional health."

"Self-Coaching is a groundbreaking, fast-paced, action-oriented new training program for dealing with mild to moderate anxiety and depression. Self-Coaching is a dramatic and fresh departure from traditional therapeutic approaches and a motivational training program for reclaiming life by breaking the habits that feed these problems."

I can't tell you how many books I've read on anxiety, depression, etc etc etc. A hundred, maybe? A hefty proportion of the books out there, anyway. Some are good (the classic How To Stop Worrying & Start Living), some not so much, but none of them have had any lasting effect on me. Neither has the three lots of therapy that I've had. Well, that's not entirely true. The therapy has made me much more self aware, more enlightened as to why I am who I am and why I do the things I do. Unfortunately, therapy on the NHS is highly abridged - we'd only just got to the roots of my problems when the course had to end. They cut you loose, to sink or swim. I usually sink.......

But when it comes to reading, I'm an eternal optimist. I bought this book, and read it, and re-read it, and worked through it, really worked, with a notepad and pen and exercises and everything, and this is the first time I've ever done that, ever been inspired enough to actually work along with a book. And the result?

First of all, some context, my story in a nutshell: anxious/depressed child, anxious/depressed adult, culminating in a good old fashioned nervous breakdown 4 years ago. Short periods of relative wellness interspersed with recurrent breakdowns since then. With a particularly bad one at the start
of this year, with all kinds of medication horrors to complicate it.

Anyway, the long and short of it is that I have been utterly, completely, passionately convinced that depression is a clinical illness, brain chemistry all wacko, something I'm going to have for the rest of my life, like diabetes, etc etc etc etc. If you'd suggested otherwise to me, I would have brained you with the nearest blunt object. Which makes me wary of saying this out loud, for fear of upsetting or angering my readers with depression, but........

Don't shoot the messenger. Just take it from me, if I can be convinced by the reasoning in this book, anyone can. I would have fought to the death to defend the clinical illness theory, trust me. No one wants to think that they are bringing that amount of suffering on themselves by choice. Well, it's not that simple. It's an involuntary choice, and the idea of the book is to give you back the power of choice, so that you can steer your way out of the darkness and back into health. As far as I can tell, the exercises are cognitive behavioural based, but they seem to go deeper than anything else I've read, or done through CBT counselling.

I should clarify: the book acknowledges that depression is a brain chemistry problem, and that medication can be useful, and for some people, vital (that would be me). BUT. It theorises that the brain chemistry problems are the result of years and years of stress, anxiety, panic, insecurity, fear, worry, and all the other negative emotions that make us go rigid in the face of life's problems and strains. That our coping strategies are developed when we are children, and that we just carry them into our adult life, where they are no use to us at all, but just drag us down into the quicksand of depression and chronic anxiety.

What I found so amazing about this book is this: nearly every page was a lightbulb moment for me, which is saying something considering the many, many books I've read on the subject. I was able to very quickly identify patterns that led up to each episode of depression, and I promise you, not one of them was external, they were all thinking patterns, internal reactions to external events. This blows my mind. I never ever thought I would believe this, but I do. It makes the most perfect beautiful logical sense when you read through the book.

I'll admit, it's scaring the crap out of me. It's seriously scary to face the fact that your happiness and well being is squarely in your own hands. Scary but incredibly exciting. In equal parts. But the book makes so much sense to me that I'm trusting it, and working through the exercises, and taking one little step at a time. So far, it's working. It's working GOOD. It's two steps forward, one step back, of course, because ingrained thinking habits do NOT like being disturbed. But progress is progress, however slow.

If you are experiencing anxiety, depression or if you just find that negative thoughts take up too big a part of your life; buy this book, follow the advice and believe that it will help you. Because it will! And here's the kicker: is's easy. This book will amaze you by the simplicity of the solution to your problems. One simple advice from me: even though it feels hard working through the program, and you may be challenged by your insecurity, stick with it! Don't listen to your doubts, just place your life in the hands of the principles presented in this book, and believe!

WOW!!! I some how managed to slip this book into my case when going on holiday, (not the sort of thing I normally read on holiday) and believe me I couldn't put it down, I was gripped from the first page. This book gave marveloues insights to parts of my personality I had tried to keep concealed for years.

For once I was actually listening to my very insecure negative inner child and she was lead the way in a life of "what if's" and "mind reading", my child was doing the parenting oh my god, but not any more, it will be a daily vigilant battle with her but it is getting easier - but is she sneaky, just when she thinks I am doubting myself off she goes with her constant stream of drivel. I have listened to her for 33 years and now I have had enough - I am doing the parenting now not her.

I am surprised at the very many reviews of this book without a single reservation. Here are mine:
Though I agree and am familiar with many points the writer tries to make, the way he makes them shows a lack of subtlety in understanding of individual psychologies. The tone the ideas are delivered in can be unhelpful, and too often 'shouts' STOP doing that and DO this. It seems to hang on the idea of sports coaching. But simple isn't always easy, and I think he misses the point for a lot of people. The idea of the 'coach', and especially the very US-centric culture this is aimed at, was deeply alienating to me and I couldn't identify with most of the attitudes or the comparisons that were being made, or even many of the case-studies.

More disappointingly, it takes 8 chapters of 'plugging' himself and the value of his method before he begins to get to the point. When he does, you still don't get a sense that you are getting anywhere fast. The most useful thoughts are in the final chapters. It is written without enough compassion for its intended readership, and a much better book for my money is 'Overcoming Depression' by Paul Gilbert.

This book changed my life! Say goodbye to insecurity and self doubt! With this and his his earlier book I felt directed by a master of helping people reach their real potential. Luciani helped me blast away issues such as exaggerating difficulties, self sabotage, procrastination and time wasting. Luciani compassionately understands that one's issues might be rooted in painful childhood experiences but thinks that painful emotional archaeology rarely achieves much. Instead he has a simple easy approach that is enjoyable to read. Luciani showed me that in place of fear I have courage and resolve. Luciani focused me and through his books enthusiastically pep talked me into running after and realising my dreams.

This book is fantastic, not just for anxiety and depression, but for issues of self-esteem, shyness, excessive introversion, anger, perfectionism, etc. I am exploring all these things in therapy and with medication, but felt that there was something more, some common thread, common cause...and the author has found it.

This book really helps you get to the root problem that all these have in common. Deep-seated insecurity and lack of trust in oneself to handle what life throws at you. Hard to admit, but it is the beginning of healing. The author shows how this insecurity (what he calls the Insecure Child), tries to maintain control of oneself and the outside world through immature coping strategies learned in, and repeated since childhood.

Luciani gives a brilliant background to what you can get from self-helping, and explains it in a way that doesn't make you feel 1.) hopelessly incapable of accomplishing relief from depression, 2.) explains the causes in a way that don't make you feel like a failure for developing the thought patterns in the first place, and 3.) doesn't use a lot of psychobabble, (save the exception of the inner child thing, which is just a personal irritant of mine) so you actually can see where he's tryig to get you to go.

I found this to be an excellent book for anyone suffering mild to moderate depression. (And I recommend buying this as a companion to 'Undoing Depression,' so you really get a good sense of what you are working with) If you are severely depressed, you should probably work through more of it before tackling self-coaching.

About five years ago I purchased a self-help book in hopes of solving some of the anxiety/phobia problems that had been restricting my life. This book not only jaded my view of self-help books in general, but also furthered my anguish. As a result of this book, I have severely doubted that self-help books could actually prove fruitful...and if you know me, you know that I am extremely stubborn when it comes to such matters. HOWEVER, following a colleague's recommendation, I glanced over Dr. Luciani's book in the local bookstore. I couldn't put it down! It spoke to me! And more importantly it taught me the most important lesson of my life: How to talk to, and really know my true self. This is a universal struggle that is seemingly a quixotic venture...but trust me, "Self Coaching" works, and works immediately! If you want to go back to living life, instead of watching it fly past you. . .first stop: "Self Coaching", Dr. Luciani. Enough said.
Having read many, self help books, I felt Self-Coaching stood above the rest! Although I could write pages on the benefits of this book, I will try to keep this short. I often find that it is difficult for those that have not had to deal with depression to understand or relate to what we go through, and the books out there tend to be very clinical. However, Self-Coaching gave me a new prospective on the self-help book. Dr. Luciani's methods of "coaching" have allowed me to begin taking control of my illness and my life. After years of therapists and medications that I never really thought would benefit, I truly feel I can do this! I will not be letting this book go, I have already gone back and reread several sections for motivation. I would recommend Self-Coaching to anyone, no matter how mild or severe your anxiety or depression is, it can change your life.

I've just finished reading Dr. Luciani's book and after reading a recent Amazon review suggesting that Self-Coaching is essentially a book about positive affirmations, felt the need to respond. No one who has actually read this book can walk away feeling it is JUST about positive affirmations. That would not be possible. This is a powerful book of substance, simplicity, and profound depth. As Dr. Luciani says, positive thinking and affirmations are only half the solution, the other half is positively believing. He goes on to say that positive affirmations are important, but not nearly as important as getting to a point of believing what you tell yourself. And that's exactly what his technique of Self-Talk teaches you. It's not that hard, not once you realize that anxiety and depression are merely habits, habits that can be broken. I've personally tried many "positive thinking" approaches and can say without reservation that this book goes the distance where others just promise. It did for me!

JOSEPH J. LUCIANI, Ph.D., is the author of the internationally bestselling Self-Coaching series. As a frequent lecturer, TV and radio guest, and author, he has brought his message of hope to millions over the years. Dr. Luciani, a clinical psychologist, has been in general private practice since 1977.

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