



Self-Coaching: The Powerful Program to Beat Anxiety and Depression, 2nd Edition, Completely Revised and Updated

By Joseph J. Luciani

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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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Editorial Review

From the Back Cover

"Whether you're anxious or depressed, prone to panic, worry, insecurity, or compulsion, Self-Coaching isn't about understanding why your life has deteriorated, it's about what you can do—today—to love and liberate yourself!"

—Supermodel Emme and television personality Phil Aronson, coauthors of *Morning Has Broken: A Couple's Journey through Depression*

You can feel better—starting right now

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 presents his proven approach that has worked wonders for his patients as well as readers from around the world. Whether you struggle with worrisome thoughts, panic, depression, or compulsions, *Self-Coaching* shows you how to stop feeding these habits.

Combining training exercises for overcoming negative thought patterns with cognitive behavioral therapy techniques, *Self-Coaching* shows you how to change your way of thinking and develop a healthy, adaptive way of living. In this updated *Second Edition*, you'll receive:

- The newly revised and updated Self-Talk strategy for coaching yourself back to health
- New powerful training tips and motivational tools
- Updated self-quizzes, action steps, and practical solutions for accomplishing what you want in life
- More real-life stories of people who beat anxiety and depression

About the Author

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.

Users Review

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So it is very wonderful.

Angeline Allison:

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