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Telling Yourself the Truth: Find Your Way Out of Depression, Anxiety, Fear, Anger, and Other Common Problems by Applying the Principles of Misbelief Therapy (Kindle Edition) Published February 1st 2000 by Bethany House Publishers

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Telling Yourself the Truth can show you how to identify your own misbeliefs and replace them with the truth. Telling Yourself the Truth is also available as a part of the Complete Depression Recovery Program. ----- WILLIAM BACKUS, Ph.D. in Clinical Psychology, was founder of the Center for Christian Psychological Services, a licensed consulting ...

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