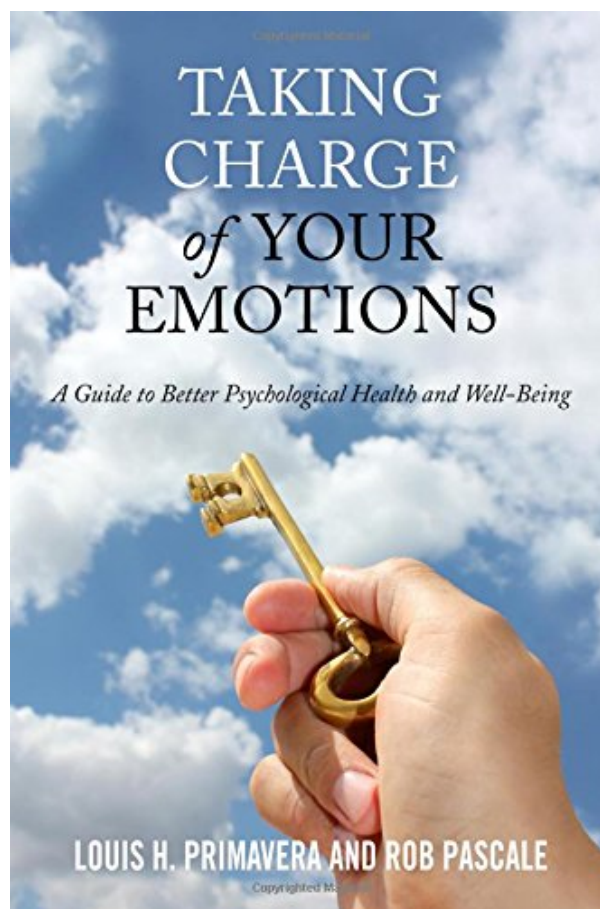
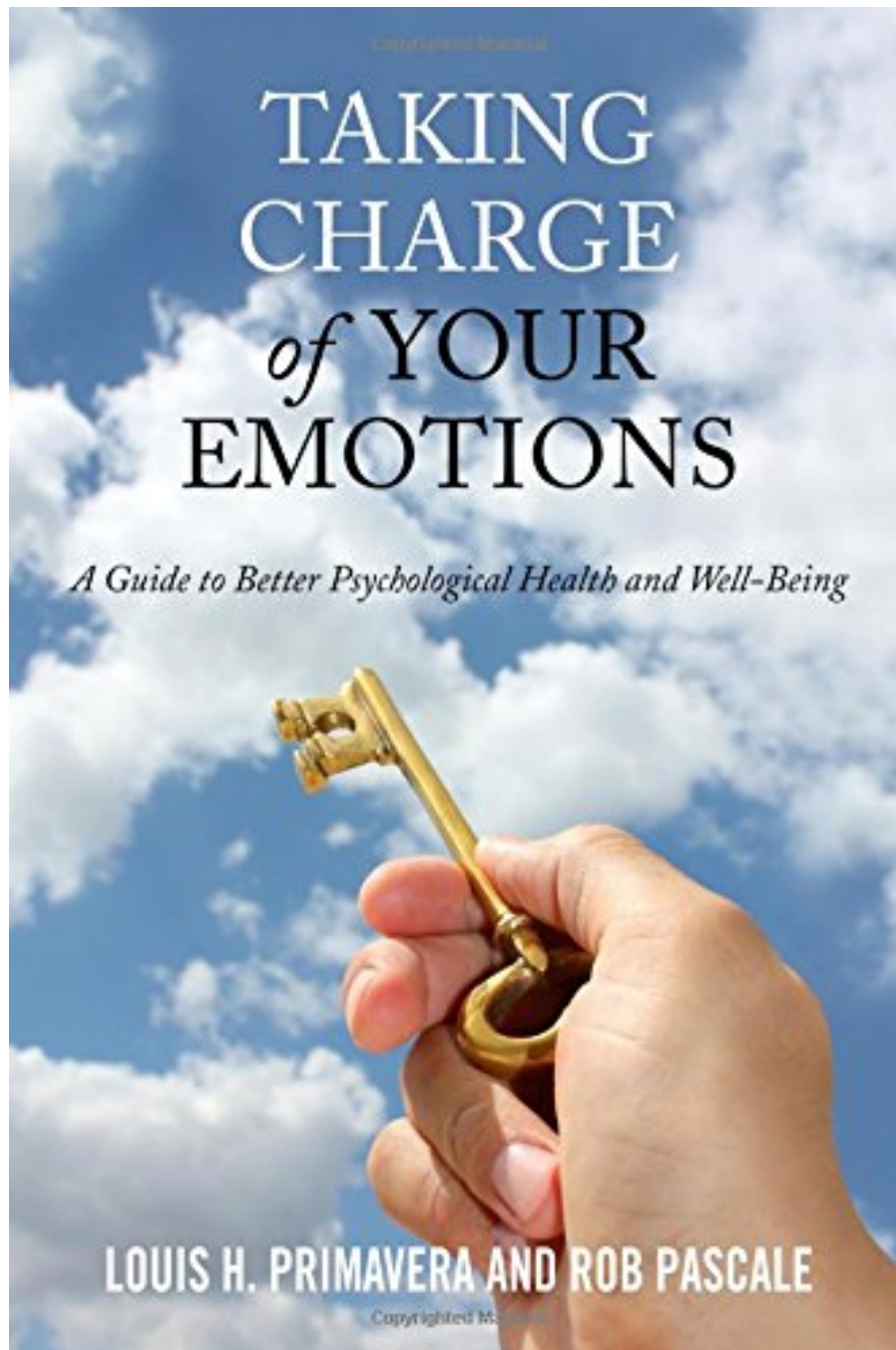


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GUIDE TO BETTER PSYCHOLOGICAL
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PRIMAVERA, ROB PASCALE**



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Review

Often we don't understand why we feel the way we do and why we act the way we do. [Taking Charge of Your Emotions: A Guide to Better Psychological Health and Well-Being](#) will put you on the road to being in charge of yourself. The authors provide specific strategies like disputing irrational beliefs which will guide you. A book well worth reading. (Nancy K. Schlossberg, Professor Emerita, University of Maryland and author of 9 books including [Revitalizing Retirement: Reshaping Your Identity, Relationships, and Purpose](#))

[Taking Charge of Your Emotions](#) teaches how to understand who you are and how to create healthy connections to others. Dr. Primavera and Dr. Pascale have deftly untangled the complex aspects of human emotions, behavior and theory into a straightforward, gratifying read -- chock-full with valuable tips and meaningful approaches. The wisdom gained from their many years of being social scientists is evident on each and every page. (Deborah Serani, PsyD, Professor at Adelphi University and author of [Living with Depression](#))

About the Author

Louis H. Primavera, PhD, is a New York State Licensed Psychologist trained in behavior and rational emotive behavior therapies, and maintained a private practice for more than twenty-five years specializing in marriage counseling. Primavera is currently the Dean of the School of Health Sciences at Touro College. Previously he was the Dean of the Derner Institute of Advanced Psychological Studies at Adelphi University, held the Department Chair and served as Associate Dean of the Graduate School of Arts and Sciences at St. John's University, and has held full time faculty positions at Hofstra University, St. Francis College, and Molloy College. Primavera has published extensively in the social sciences, and his work has appeared in a number of prestigious professional journals in Psychology. He was a consultant to the Department of Psychiatry and Behavioral Sciences at Memorial Sloan Kettering Cancer Center and has held a number of other consulting positions in medicine, business, and education. He has been a member of a number of professional organizations and has served as President of the Academic Division of the New York State Psychological Association, and the New York City Metro Chapter of the American Statistical

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TAKING CHARGE OF YOUR EMOTIONS: A GUIDE TO BETTER PSYCHOLOGICAL HEALTH AND WELL-BEING BY LOUIS H. PRIMAVERA, ROB PASCALE PDF

From time to time, all of us face circumstances that can be psychologically demoralizing. We might have difficulties with certain types of people, have marital problems, or be overwhelmed by day-to-day burdens. When conditions are especially troublesome, we might experience destructive emotions such as anger, fear of abandonment, or anxiety that get the better of us. We may also experience a sense of helplessness, a feeling that events and people control us, and that can detract from our overall outlook and well-being.

Nevertheless, despite how bleak things can appear, it is possible to gain more control over our lives and learn to cope better with things that are beyond our control. By understanding how and why we react the way we do to various situations and events, we can learn to manage and change our own thoughts and emotions. In that way, we can maximize the positive and minimize the negative outcomes in our day to day living, and in so doing give ourselves an opportunity to enhance our overall well-being. Using a Rational Emotive Behavior approach, the authors show readers how to identify irrational beliefs replace them with rational ones, and lead a more fulfilling and balanced life. Anyone struggling with emotions or moods that often feel out of control or self-defeating will find comfort and guidance in these pages.

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Review

Often we don't understand why we feel the way we do and why we act the way we do. Taking Charge of Your Emotions: A Guide to Better Psychological Health and Well-Being will put you on the road to being in charge of yourself. The authors provide specific strategies like disputing irrational beliefs which will guide you. A book well worth reading. (Nancy K. Schlossberg, Professor Emerita, University of Maryland and author of 9 books including Revitalizing Retirement: Reshaping Your Identity, Relationships, and Purpose)

Taking Charge of Your Emotions teaches how to understand who you are and how to create healthy connections to others. Dr. Primavera and Dr. Pascale have deftly untangled the complex aspects of human emotions, behavior and theory into a straightforward, gratifying read -- chock-full with valuable tips and meaningful approaches. The wisdom gained from their many years of being social scientists is evident on each and every page. (Deborah Serani, PsyD, Professor at Adelphi University and author of Living with Depression)

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Not Just About You - Better Than I Thought It Would Be

By Chris

I initially started reading this book because it was recommended to me. Being a perfect person, I don't need to bother with such things.

But this book is more than it promises to be. While I expected to gain some insight into myself, it covers in parallel our relationships to other people. For example, at the end of chapter one it discusses how our freedom to choose is all about our own lives, and no one else's, touching on how and why some people feel the need to attempt to control other people, and the pitfalls of such behavior.

What I think also makes this book really great is that while it has technical psychology terms, it rounds out nicely with humor and messages a person with at least a high school education will be able to understand. For example, in the section about trying to control other people, the authors note that doing so has the same benefits of banging your head against a wall - it feels so good when you stop.

There are a few messages like this and when I think of how they help me get a better perspective as a father to children who will someday leave the nest, I am glad I read it.

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