



More Transforming Negative Self-Talk: Practical, Effective Exercises

By Steve Andreas

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More Transforming Negative Self-Talk: Practical, Effective Exercises By Steve Andreas

A toolkit of simple exercises to successfully tame your inner critic.

Whether an infrequent occurrence or a constant running narrative, internal self-talk can be mildly irritating or severely debilitating. Not always the classic sign of schizophrenia or other serious psychiatric disorder, it's a common mental health complaint that can lead to depression, anxiety, phobias, and obsessive-compulsive thoughts if left unchecked. In this rich collection of practical, take-charge strategies, the author reveals how self-critical voices can be transformed and used to your own advantage.

As a follow-up to his first popular book, Andreas digs deeper here, showing how to actually engage a voice as opposed to simply change it. Rather than talk back or try to silence it, Andreas teaches readers how to join with a voice, clarify what it's saying, ask for its positive intent, use its specific abilities to your advantage, and more. Follow the exercises and you'll be equipped to better manage your worst self-talk.

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Editorial Review

Review

“I am glad to have read this book and recommend it to any therapist wishing to expand his or her repertoire of techniques. I also recommend it as a resource for clients seeking self-help information. . . . This book has been helpful, not only for my clients who complain of critical voices, but also for those who do not have words for their distress.”

- *The Milton H. Erickson Foundation Newsletter*

“[H]elpful viewpoints and exercises . . . serve to assist working through and even benefitting from negative internal voices. . . . [R]eadable to the layperson, it is also useful for therapists to rethink how they might approach talking about and restructuring a relationship their client has with an internal voice or voices. . . . [A] useful alternative and supplemental approach to countering and reframing what is normally potentially difficult and damaging affect work.”

- *Somatic Psychotherapy Today*

“For those who have found themselves struggling with their negative self-talk, this book offers a step-wise approach to turning that internal antagonist into an ally.”

- *PsychCentral*

“In this second volume in the series, Steve Andreas provides even more clever and effective ways to manage that voice inside your head. His strategies can go a long way towards solidifying the vital lesson that we can take charge of ourselves.”

- **Michael D. Yapko, Ph.D., Clinical Psychologist and author of *Depression is Contagious and Mindfulness and Hypnosis***

About the Author

Steve Andreas, a private practitioner, writes and gives trainings on topics of personal change and communication. He lives in Boulder, Colorado.

Users Review

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