



Claim Your Own Mental Fitness: Manage Your Mind to Overcome Addiction, Anxiety, Anger, Grief, Trauma & Depression and Form Positive Relationships

By Rea Anne Scovill Ph.D.

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What is mental fitness? It's that six-pack of mental abs that keeps you on top of your game through thick or thin. It's the belief you can climb any emotional mountain that looms in your way. It's the savvy that propels you through the rockiest social hurdles with confidence. It's an inner deep self-trust. *Claim Your Own Mental Fitness* offers a place to start, a big-picture view of the journey and sound guidance along the way. Part I quickly integrates the latest proven knowledge for how to cope with the fight-or-flight reactions that stress you out. You'll go step-by-step through a process that will give you an intuitive handle on your own mind and the skills to manage it. Part II describes how obstacles you may encounter, like genetic differences, addiction, anxiety, anger, grief, trauma and depression could impair your progress. Reader-friendly guidance helps strengthen your skills to tackle each of these. Part III defines the difference between friend- and acquaintance-relating as you apply your new skills with friends and relatives, at work, for dating, in marriage and while parenting. Served in bite-sized pieces and peppered with apt examples, *Claim Your Own Mental Fitness* is a lively handbook for how to cope with life.

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Editorial Review

From Kirkus Reviews

Scovill's guide suggests: Change your thinking; change your life. Conventional fitness programs strengthen the body. This one targets the mind. Psychologist Scovill presents stair-step methodologies for monitoring and reversing automatic and ingrained thinking, caring for the physical workings of the brain, and improving work, family, romantic and friend relationships. Her debut work expands on cognitive behavioral therapy, which identifies and works with negative self-talk—critical things we say to ourselves that trigger emotional pain and overreacting. Negative self-talk boils down to 12 toxic beliefs—involving, for example, needing approval or worrying and avoiding confrontation—which Scovill shows how to monitor and counteract in specific issues (such as grief or anxiety) and relationships. A key concept is the inner family, a dynamic that refers to internal archetypes—the child; the parent, who influences the child; and the adult, who ideally controls both—that influence individual behavior. Though the foundation is intellectual, the author acknowledges (both in content and tone) the potent, often painful impact of emotions. Scovill elucidates each technique or area of focus with personal vignettes and client stories, which add context and interest. Empathy tempered with experience permeates her observations, suggestions and techniques. As a result, every step comes across as both appealing and accessible—including the potentially challenging, no-nonsense guidelines for managing expectations, behaviors and boundaries with acquaintances, friends, co-workers and relatives. Scovill's guide—a standout in the self-help genre—tackles the messiness of life with candor and warmth. A valuable, realistic, compassionate guide for taking control of one's thinking.

About the Author

Dr. Rea Anne Scovill is a psychologist who has provided therapy for over forty years to families, individual adults, adolescents and children. She's consulted with schools, adolescent group homes, business and community groups. After retiring this year to Netarts, OR with her husband, John Nordling and her dappled doxie Dixie, she plans to walk on the beach with family and friends, craft pebble mosaics, write poetry and spread the word about mental fitness.

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Catherine Taylor:

As people who live in the particular modest era should be revise about what going on or facts even knowledge to make these keep up with the era that is certainly always change and move forward. Some of you maybe will certainly update themselves by examining books. It is a good choice for you but the problems coming to a person is you don't know which one you should start with. This *Claim Your Own Mental Fitness: Manage Your Mind to Overcome Addiction, Anxiety, Anger, Grief, Trauma & Depression and Form Positive Relationships* is our recommendation to help you keep up with the world. Why, because book serves what you want and want in this era.

Thomas Baxter:

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Claim Your Own Mental Fitness: Manage Your Mind to Overcome Addiction, Anxiety, Anger, Grief, Trauma & Depression and Form Positive Relationships can be one of your starter books that are good idea. Most of us recommend that straight away because this reserve has good vocabulary that can increase your knowledge in vocabulary, easy to understand, bit entertaining but delivering the information. The article writer giving his/her effort to place every word into joy arrangement in writing Claim Your Own Mental Fitness: Manage Your Mind to Overcome Addiction, Anxiety, Anger, Grief, Trauma & Depression and Form Positive Relationships nevertheless doesn't forget the main place, giving the reader the hottest along with based confirm resource information that maybe you can be certainly one of it. This great information can easily drawn you into new stage of crucial imagining.

Gerard Armstrong:

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