



Ideas to make you feel better

Be with
happy people

Do Yoga
(get into your body)

Give
compliments

Sing
(or do creative)

Go to your
Heart

Enjoy
(the little things)

Dream
(what ever you want)

HUG more

Move
(Your ass)

Laugh

Smile

Do something
(different)

Ga lekker
Naar buiten

Gebruik je
senses

Say YES!

Think
differently

Dance

Cherish
(what you do have)

Hug

Feel
(what ever you feel)

Shake it

Breath
(yourself energetic)

Have great
sex

Sport
(and flow)

Stop judging

Share
(your feelings)

Release

Say to yourself: I love me

Feeling Good About Your Feelings

Kojo Sarfo



Feeling Good About Your Feelings:

Feeling Your Feelings Tanya Lloyd Kyi, 2025-10-07 A scientific tour of the body that looks at how why and where humans experience emotions Why does nervousness feel like butterflies in our belly and embarrassment cause a blush to spread across our face While we know our brains are connected to our emotions scientists are now learning how other parts of our bodies also help us feel our feelings How does all the information flow through our bodies And how does it turn into the things we call emotions Here s a fascinating toe to head tour through the human body that answers these questions and more The guide every adolescent is looking for to explain their suddenly out of control feelings **The Feeling Good Handbook** David D. Burns, 1999-05-01 From the author of the national bestseller Feeling Good The New Mood Therapy comes a guide to mental wellness that helps you get beyond depression and anxiety and make life an exhilarating experience With his phenomenally successful Feeling Good The New Mood Therapy Dr David Burns introduced a groundbreaking drug free treatment for depression In this bestselling companion he reveals powerful new techniques and provides step by step exercises that help you cope with the full range of everyday problems Free yourself from fears phobias and panic attacks Overcome self defeating attitudes Discover the five secrets of intimate communication Put an end to marital conflict Conquer procrastination and unleash your potential for success With everything you need to know about commonly prescribed psychiatric drugs and anxiety disorders such as agoraphobia and obsessive compulsive disorder this remarkable guide can show you how to feel good about yourself and the people you care about You will discover that life can be an exhilarating experience A wonderful achievement the best in its class M Anthony Bates clinical psychologist at Penn Presbyterian Medical Center in Philadelphia Clear systematic forceful Albert Ellis PhD president of the Albert Ellis Institute **Feeling Good!** Kojo Sarfo, 2022-12-06 Develop a healthy outlook on life and assess your own mental health with this informative guided workbook to staying positive and living life to the fullest no matter what you re going through Do you struggle with stress worry anxiety or depression The Feeling Good workbook is here to help you take control of your mental health once and for all so you can start finding healthy ways to cope and improve your overall outlook With prompts lists activities and more you can learn why different types of mental health disorders exist and determine if you should seek a diagnosis You ll learn healthy strategies for dealing with mental illness process difficult emotions and map out ways to help you feel happier more confident and more fulfilled in life With expert advice from Dr Kojo Sarfo you ll toss the stigma have fun completing exercises as you learn positive mental health and best of all accept yourself for who you are No matter what mental health struggles you re facing you are not alone It s time to come face to face with your mental health with Feeling Good **How to Feel Good about Yourself - The 10 Steps to Positive Self Esteem** Christopher Ebbe, 2003-04 About The Book Self esteem how we feel about ourselves is one of the issues most relevant to our emotional health Poor self esteem causes an amazing amount of emotional pain and unhappiness and is surprisingly widespread All of us need positive self esteem if we are to

function well in the world This well written and easy to understand book will give you the information you need to improve your self esteem The premise of this Book is that all of us have our shortcomings and problems Nobody is perfect Positive self esteem is basically accepting ourselves We will always strive to do better but at the end of the day regardless of success or failure we need to feel good about ourselves HOW TO FEEL GOOD ABOUT YOURSELF provides simple guidelines for feeling better about ourselves An excellent book for anyone wanting to feel better about themselves Well written and full of useful tips I recommend it to my patients Harold H Dawley Jr Ph D ABPP Author Friendship How To Make And Keep Friends A good book Reading this excellent book can help many people improve their self esteem Brian Des Roche Ph D Author Reclaiming Yourself About The Author Christopher Ebbe Ph D ABPP FAClinP has been a practicing clinical psychologist for 30 years working in such varied settings as a state hospital the Air Force a public mental health agency and private practice He is active in state and national professional affairs and has received several local and state awards for excellence in psychology

Discover the Magic of You Judy A Killian,2007-05 Become the person you want to be Just as a spider weaves its web people are always in the process of shaping their personalities But while a positive attitude can strengthen you your negativity only weakens you Discover the Magic of You A Guide to Personal Growth takes you on an exhilarating journey of exploration into the true you and shows you how to attain a positive outlook on life Drawing on her extensive experience in psychiatric social work author Judy A Killian examines how thought patterns directly relate to personal growth By taking the time to delve into your personality you can create a deeper sense of self and learn how to take charge of your world This self examination will help you recognize your imperfections To assist you in your journey Killian provides several suggestions to help you confront your weaknesses and take action to correct them From learning how to think differently to adjusting your attitude you ll discover your inner strength and learn who you really are **Living Large: Mastering Your Power Of**

Intention (formerly titled Watch Where You Point That Thing) Lola Jones,2018-06-15 The followup book to Things Are Going Great In My Absence this book takes you beyond the old paradigm of seeking and working on yourself into what do I want to create now that life is great Lola Jones has created another groundbreaking book that people read over and over and get more each time *You Can Attract It Using the Law of Attraction to Get What You Want* Frank Mangano,Steve G.

Jones,2010 If any area of your life is somewhat unfulfilled the Law of Attraction can change this for you Because the Law of Attraction is always in action the key is knowing how to utilize it to transform your life forever In *You Can Attract It* Authors Steve G Jones and Frank Mangano provide a lifestyle program that contains multiple tools for the proper application of the Law of Attraction From simple lifestyle changes to hypnosis exercises to six step by step instructions for bringing people and events into your life *You Can Attract It* s combination of methods are scientifically proven to work And if scientific proof is not enough see how both authors have changed their lives with this program by learning living and mastering it Delve into the pages and prepare to attract health wealth love or anything else you desire Experience the life you truly deserve It's No

Secret Robert J. Hodgson, 2010-06-17 It's No Secret shows us how to achieve anything absolutely anything we desire No Tricks No gimmicks and we all hold the key within It isn't all about us but it all starts with us and this book will show you how as the author shares some of his personal experiences and encourages us to not take his word but prove it to ourselves A book that is well worth everybody's time and it takes little effort **Feeling Good Together** David D. Burns, M.D., 2008-12-30 Based on twenty five years of clinical experience and groundbreaking research on more than 1 000 individuals Feeling Good Together presents an entirely new theory of why we have so much trouble getting along with each other and provides simple powerful techniques to make relationships work We all have someone we can't get along with whether it's a friend or colleague who complains constantly a relentlessly critical boss an obnoxious neighbor a teenager who pouts and slams doors all the while insisting she's not upset or a loving but irritating spouse In Feeling Good Together Dr David Burns presents Cognitive Interpersonal Therapy a radical new approach that will help you transform troubled conflicted relationships into successful happy ones Dr Burns method for improving these relationships is easy and surprisingly effective In Feeling Good Together you'll learn how to Stop pointing fingers at everyone else and start looking at yourself Pinpoint the exact cause of the problem with any person you're not getting along with And solve virtually any kind of relationship conflict almost instantly Filled with helpful examples and brilliant user friendly tools such as the Relationship Satisfaction Test the Relationship Journal the Five Secrets of Effective Communication the Intimacy Exercise and more Feeling Good Together will help you enjoy far more loving and satisfying relationships with the people you care about You deserve rewarding intimate relationships Feeling Good Together will show you how Enlightenment for Beginners Matthew J. Blythe, Twenty years ago a series of life changing events led Matt to write Enlightenment for Beginners At the age of 21 Matt began making notes which would later be typed up into the manuscript you are reading today Scanned from the original documents Enlightenment for Beginners The Early Days is the original unedited urtext version of his book complete with typos grammatical errors hand drawn sketches and unabashed quotations I hope you have at least as much fun reading Enlightenment for Beginners as I did writing it If I can help one person walk into the future with open hands a willing mind and a grateful heart then it will all have been worthwhile Matt Blythe *The Human Addictions* Valentin Matcas, 2016-04-20 Humans always seek pleasure humans venerate pleasure but are humans sentient or feelers by nature the way science depicts them Because if humans are defined as feelers and if they are expected to behave as feelers then this remains their meaning in life and in the world always to feel good to feel everything and to live life feeling the best even addicted Yet as you notice humans excel at reasoning the most and not mainly at feeling which describes more the animal kingdom Pleasure is very good and it is better than pain yet there is a difference between feeling and reasoning Because reasoning is more about mastering life and the world while feeling is about celebrating these Yet even this statement is insufficient because feelings are not even abilities within your cognitive system but feelings are only meant to signal needs

and their fulfillment rewarding or punishing you depending on circumstances While reasoning is your main cognitive ability and you should treasure it accordingly This lack of understanding makes a difference because if you happen to live your life valuing feelings including your good feelings more than your actual human abilities including all your cognitive abilities then feelings and pleasure in special remain your focus and meaning in life And with the multitude of artificial sources of pleasure that society offers good luck to you because it is only a matter of time before you too become addicted Since as we notice throughout the book becoming addicted is not only an error of judgment that you make while trying to feel good in life as everyone else it is not only a social constraint subduing you as everyone else but addiction is integral part of the normal natural process of your cognitive system and it is even used by your subconscious intelligence in various circumstances in order to render you always eager to fulfill specific highly important activities in life as it is the case with your natural need for reproduction You have to comprehend society as it is because once you are addicted you become weak predictable and controllable and this is how others take over your living and social niche to exploit you While you end up struggling with family problems finance problems and health problems ever after Would you like to be able to manage your life your thinking and your behavior Then you have to be able to manage your feelings first And you may do so not forcefully and not directly since you are not a mechanism but you can manage your feelings only by learning everything about your feelings needs development addictions intelligences reasoning behavior society Life the world and your meaning and place in Life and in the world This book creates an entire model of the human addictions which is still easy to read teaching you everything about drugs and how they work about pleasure and how it controls you and about the world and how it interacts with you before and during addictions If you want to learn more about addictions consequences and withdrawal this book is for you

Commit to Feel Good! Josie Coco, 2012-06-20 Right from the get go I was never going to believe that we were not meant to be happy At just 15 years of age the thought of spending the rest of my life in misery because we werent put on this earth to be happy was a thought too frightening to conceive As I projected this sentiment forward and imagined the long years ahead then and there I made the commitment that I was going to find the pathway to happiness that I would live a joyful life By the time I had reached my middle years this commitment had become an obsession During this lifetime I would find the keys to happiness Whatever it took joy was my goal and I wouldnt rest until I found it With glimpses of happiness along the way I was motivated and driven Love yourself first What does that mean How do you do that There were lots of great suggestions but very few helpful guidelines Entrenched in a middle income mindset I held many limiting beliefs that kept me squarely where I was But for an enquiring mind and a fearless heart that had almost lost its desire to fight on I may have drowned in the mire of unworthiness Little by little the pieces of the puzzle came together My journey took me to explore both inside and out what others had to offer and the filters through which I was living my life A woman on a mission I wouldnt let it go until I had discovered the answers Joy We are meant to be joyful We are meant to be happy

Manifesting 101 & Beyond Susan James, 2000-10-30 Manifesting 101 Beyond is a collection of 91 essays and tools for designing life on purpose Susan James interpretation of User Friendly Physics explains How to Get What You Want Without Goofing it Up First Dreams can be achieved the easy way or the hard way Manifesting 101 Beyond is the easy way These original essays are from the popular electronic newsletter series by Susan James and contributors who specialize in the application of the mechanics of energy spirit to our lives As James says We ve been taught to do everything backward and there s a much easier way Manifesting 101 Beyond helps the reader understand the mechanics of how life really works instead of how he or she is taught that it works James assists the reader in the understanding of pure attention versus focus and just do it Included in the writings are ideas and evidence of how to do it without so much doing The application of these energy tools provides shortcuts to better lives lifestyles and businesses Manifesting 101 Beyond is a collection of uplifting short essays that are as easy fun and entertaining to read as they are informative Cynthia S Larson An Amazon Top 500 Reviewer

Feel-Good Finance Aja Evans, 2024-12-03 Budgeting is more than just simple math Money impacts every aspect of our lives including and especially our mental health With expert tips and guidance from a licensed financial therapist this judgment free book will help you take control of your money while prioritizing your financial wellness Picture this You re at a group dinner scanning the pricey menu in dread knowing you have food at home When it comes time to pay your friend proclaims We should split the check So you hand over your card praying it s not declined while internally screaming But I only got water If that sounds all too familiar you re not alone Coined the feel good financial therapist Aja Evans can relate and she wants to help Feel Good Finance peels away the layers of niceties that hinder our ability to get real and talk about money Where other financial education books provide the what this one will give you the why Based on years of clinical practice training and lived experiences Evans will equip readers with an accessible researched based route to financial empowerment In this book she will uplift you to Understand your unique relationship with money Learn the 6 most common financial attitudes and the psychological basis behind them Build generational wealth Let go of financial beliefs that no longer serve you Your mindset about money is more important than ever before especially for women and people of color Feel Good Finance will prepare you to rewrite your wealth narrative help you heal your relationship with money once and for all and attain the financial freedom you deserve

Think Good, Feel Good Paul Stallard, 2019-01-04 Newly updated edition of the highly successful core text for using cognitive behaviour therapy with children and young people The previous edition of Think Good Feel Good was an exciting practical resource that pioneered the way mental health professionals approached Cognitive Behaviour Therapy with children and young people This new edition continues the work started by clinical psychologist Paul Stallard and provides a range of flexible and highly appealing materials that can be used to structure and facilitate work with young people In addition to covering the core elements used in CBT programmes it incorporates ideas from the third wave CBT therapies of mindfulness compassion focused therapy and acceptance and commitment therapy It

also includes a practical series of exercises and worksheets that introduce specific concepts and techniques Developed by the author and used extensively in clinical practice Think Good Feel Good Second Edition A CBT Workbook for Children and Young People starts by introducing readers to the origin basic theory and rationale behind CBT and explains how the workbook should be used Chapters cover elements of CBT including identifying thinking traps core beliefs controlling feelings changing behaviour and more Written by an experienced professional with all clinically tested material Fully updated to reflect recent developments in clinical practice Wide range of downloadable materials Includes ideas for third wave CBT Mindfulness Compassion Focused Therapy and Acceptance and Commitment Therapy Think Good Feel Good Second Edition A CBT Workbook for Children and Young People is a must have resource for clinical psychologists child and adolescent psychiatrists community psychiatric nurses educational psychologists and occupational therapists It is also a valuable resource for those who work with young people including social workers school nurses practice counsellors teachers and health visitors

The Art and Science of Valuing in Psychotherapy JoAnne Dahl,Tobias Lundgren,Jennifer Plumb,Ian Stewart,2009-07-01 Valuing is central to acceptance and commitment therapy ACT yet few therapists truly understand how to engage clients in this complex process Questions such as What is the purpose of my life and How do I make decisions are difficult to answer honestly for ourselves let alone share with another person The Art and Science of Valuing in Psychotherapy is the mental health practitioner s complete guide to helping clients identify their values and apply them to their lives in practical ways You will also learn to establish your own values as a professional which may shift from client to client and act in accordance with these values in therapy The book provides you with practical tools for conducting values work including easy to understand metaphors defusion exercises guided imagery exercises scripts for role play client worksheets assessment quizzes and more Once you ve mastered the art and science of valuing you ll find out just how broad the applications for values work can be for conceptualization and interventions in the workplace in organizations and on the community level and discover how effective values work can be for tapping into your clients capacity for change The Art and Science of Valuing in Psychotherapy will illuminate how a focus on values can inform every aspect of psychotherapy from case conceptualization to the therapeutic relationship At once accessible and profound highly recommended Steven C Hayes Ph D University of Nevada Foundation Professor of Psychology at the University of Nevada Reno [Secrets of Relationships](#)

Gurudev Sri Sri Ravishankar,2018-12-05 Head to head communication happens through thoughts and words while heart to heart communication happens through feelings People throughout the ages have felt that they cannot communicate their feelings

Matter Into Feeling Fred Alan Wolf,2002-01-01 The theoretical physicist and author of Mind into Matter explores the hidden power of feelings and how we can harness them to improve our lives In Matter into Feeling Fred Alan wolf once again bridges the gap between spirituality and quantum physics This time Wolf takes us on an exciting journey toward understanding where our feelings come from and how we can work with them to create more abundant and joyful

lives In his follow up to Mind into Matter Dr Wolf shares an enlightening new perspective on the conflicts and resistances we feel as physical beings the everyday demands addictions successes and failures we experience Through this new understanding readers learn that being stuck is only a phase but one that we can only escape from once we understand the origin and role of human feeling

Thinking Good, Feeling Better Paul Stallard, 2018-10-23 Instructional resource for mental health clinicians on using cognitive behavioural therapy with adolescents and young adults This book complements author Paul Stallard's Think Good Feel Good and provides a range of Cognitive Behaviour Therapy resources that can be used with adolescents and young adults Building upon that book's core strengths it provides psycho educational materials specifically designed for adolescents and young people The materials which have been used in the author's clinical practice can also be utilized in schools to help adolescents develop better cognitive emotional and behavioural skills Thinking Good Feeling Better includes traditional CBT ideas and also draws on ideas from the third wave approaches of mindfulness compassion focused therapy and acceptance and commitment therapy It includes practical exercises and worksheets that can be used to introduce and develop the key concepts of CBT The book starts by introducing readers to the origin basic theory and rationale behind CBT and explains how the workbook should be used Chapters cover techniques used in CBT the process of CBT valuing oneself learning to be kind to oneself mindfulness controlling feelings thinking traps solving problems facing fears and more Written by an experienced professional with all clinically tested material Specifically developed for older adolescents and young adults Reflects current developments in clinical practice Wide range of downloadable materials Includes ideas from third wave CBT Mindfulness Compassion Focused Therapy and Acceptance and Commitment Therapy Thinking Good Feeling Better A CBT Workbook for Adolescents and Young Adults is a must have resource for clinical psychologists adolescent and young adult psychiatrists community psychiatric nurses educational psychologists and occupational therapists It is also a valuable resource for those who work with adolescents and young adults including social workers nurses practice counsellors health visitors teachers and special educational needs coordinators

Summary of Rhonda Byrne's The Power Everest Media, 2022-03-08T22:59:00Z Please note This is a companion version not the original book Sample Book Insights 1 The power to have all the positive and good things in life is love Love has been talked about and written about since the beginning of time in every religion and by every great thinker philosopher prophet and leader 2 The force of love is far greater than any of nature's powers It is the positive force of life and without it there would be no life It is the source of all inventions discoveries and human creations 3 Love is the most powerful and still most unknown energy in the world It is the positive force that drives you to get up in the morning and work play dance talk learn or do anything at all It is the positive force of love that inspires you to move and gives you the desire to be do or have anything 4 The law of attraction is the most powerful law in the universe It is what holds every star in the universe and forms every atom and molecule It is the force that attracts people to other people

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