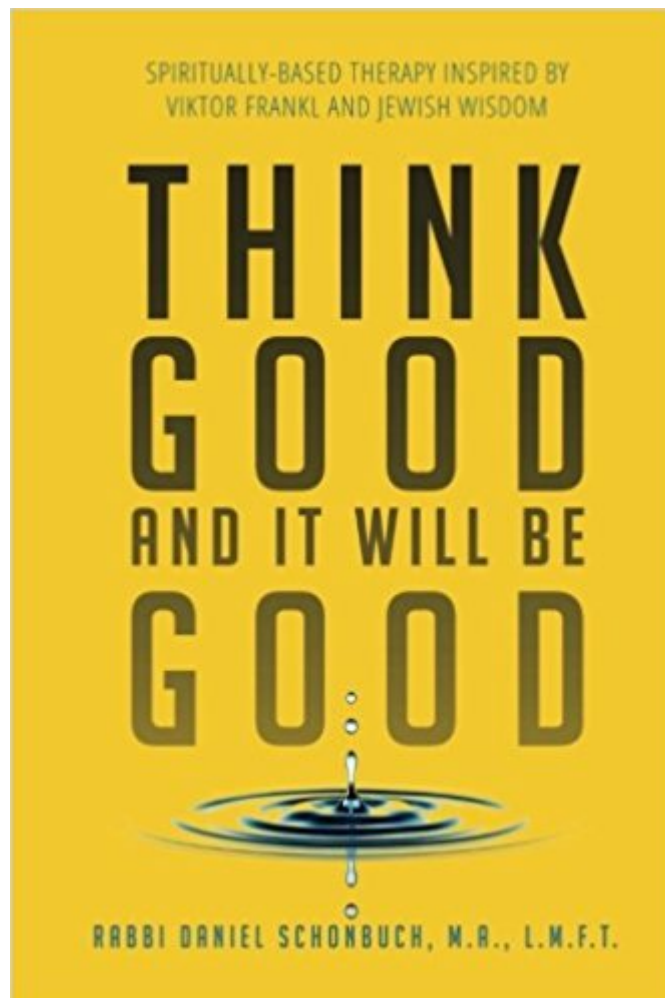




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Think Good And It Will Be Good: Spiritually-Based Therapy Inspired By Viktor Frankl And Jewish Wisdom



Synopsis

Are you feeling depressed or anxious? Think *“good”* and search for more meaning in your life. Amidst the horrors of Auschwitz, a daring Jewish psychiatrist revealed one of the two secrets to overcoming depression and anxiety. Viktor Frankl, the founder of logotherapy (the therapy of meaning) found that “those who knew that there was a task waiting for them to fulfill were most apt to survive the concentration camps.” Frankl was not just referring to those interned in the camps or held captive as prisoners of war. He was offering a path forward for all people facing challenges—whether physical or emotional—to look beyond the limits of self and into the world of meaning and spirituality. Over one hundred years earlier, Rabbi Menachem Mendel Schneersohn of Lubavitch (1789-1866), known as the Tzemach Tzedek, the venerable leader of the Chabad Chasidic movement, shared the other secret for achieving happiness and emotional well-being when he said, “Think good and it will be good.” This spiritual and psychological principle has the power to transform feelings of sadness or worry, freeing your mind to focus on the goodness inherent in people and situations. In *Think Good and It Will Be Good* you’ll learn how the insights of Frankl and Jewish wisdom form the basis of Torah Psychology, a spiritually-focused therapy that can help you find meaning and purpose, think positively, and inspire optimism in your life.

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Customer Reviews

RABBI DANIEL SCHONBUCH, M.A., L.M.F.T. (Licensed Marriage and Family Therapist) is a

renowned therapist whose warm and engaging approach has helped thousands of individuals and couples overcome depression, anxiety, OCD, and addiction, and enhance their relationships. He has trained in Cognitive Behavioral Therapy (CBT), Eye Movement Desensitization and Reprocessing (EMDR), and Emotionally-Focused Therapy.

I received this book a few days ago and am about half done; it is amazingly helpful. I already sent copies to my adult children and am learning this with my husband. I highly recommend it. I already am using some of the tools taught in it and they are very empowering.

Great aid in dealing with anxiety. Helps to develop positive thinking. Highly recommend.

Heavy reading but meaningful

Affirmations, Meditations, how to think, words to speak, writing journaling exercises, practices to incorporate into your perspective are presented by Rabbi Daniel Schonbuch Lic Family Marriage Therapist. Learn to apply Logotherapy in your practice or your life with the directives in this self help.book.

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