



Learning to Tell Myself the Truth

By William Backus

Download now

Read Online 

Learning to Tell Myself the Truth By William Backus

A 6-Week Program Designed to Bring Immediate and Long-lasting Results to the Way a Person Thinks, Feels, and Acts. What Is Truth Therapy? With over half a million copies of Telling Yourself the Truth sold, tens of thousands of people have benefited from author William Backus's life-changing principles of truth therapy. Utilizing the resources of the Christian faith—the power of the truth and the Spirit of truth—truth therapy has already empowered people to break from the tyranny of anger, depression, anxiety, perfectionism, and other emotional difficulties. Why a Workbook? Learning to Tell Myself the Truth is a stand-alone workbook designed to provide readers with the directive tools to implement truth therapy into their lives. Through self-evaluation, growth exercises, and the spiritual discipleship unique to a workbook, readers will be enabled to identify their own misbeliefs and replace them with the truth. Based on the premise that people feel and act the way they think, freedom from emotional anguish and behavioral paralysis is possible if true thoughts replace the lies a person believes. Who Is Helped by Truth Therapy? Anyone who has difficulty controlling inappropriate emotions and/or actions—depressed people, anxious people, habitually irritated or angry people, people who want to break tough habits, and people who would like to feel better or establish better control over some aspect of their behavior. Will It Work for Me

 [Download Learning to Tell Myself the Truth ...pdf](#)

 [Read Online Learning to Tell Myself the Truth ...pdf](#)

Learning to Tell Myself the Truth

By William Backus

Learning to Tell Myself the Truth By William Backus

A 6-Week Program Designed to Bring Immediate and Long-lasting Results to the Way a Person Thinks, Feels, and Acts. What Is Truth Therapy? With over half a million copies of *Telling Yourself the Truth* sold, tens of thousands of people have benefited from author William Backus's life-changing principles of truth therapy. Utilizing the resources of the Christian faith—the power of the truth and the Spirit of truth—truth therapy has already empowered people to break from the tyranny of anger, depression, anxiety, perfectionism, and other emotional difficulties. Why a Workbook? *Learning to Tell Myself the Truth* is a stand-alone workbook designed to provide readers with the directive tools to implement truth therapy into their lives. Through self-evaluation, growth exercises, and the spiritual discipleship unique to a workbook, readers will be enabled to identify their own misbeliefs and replace them with the truth. Based on the premise that people feel and act the way they think, freedom from emotional anguish and behavioral paralysis is possible if true thoughts replace the lies a person believes. Who Is Helped by Truth Therapy? Anyone who has difficulty controlling inappropriate emotions and/or actions—depressed people, anxious people, habitually irritated or angry people, people who want to break tough habits, and people who would like to feel better or establish better control over some aspect of their behavior. Will It Work for Me

Learning to Tell Myself the Truth By William Backus Bibliography

- Sales Rank: #157022 in Books
- Published on: 1994-11-01
- Released on: 1994-11-01
- Original language: English
- Number of items: 1
- Dimensions: 10.00" h x .51" w x 7.00" l, .90 pounds
- Binding: Paperback
- 224 pages

 [Download Learning to Tell Myself the Truth ...pdf](#)

 [Read Online Learning to Tell Myself the Truth ...pdf](#)

Editorial Review

From the Back Cover

A 6-WEEK PROGRAM Designed to Bring Immediate and Long-lasting Results to the Way a Person Thinks, Feels, and Acts.

WHAT IS TRUTH THERAPY?

With over half a million copies of *Telling Yourself the Truth* sold, tens of thousands of people have benefited from author William Backus's life-changing principles of truth therapy. Utilizing the resources of the Christian faith--the power of the truth and the Spirit of truth--truth therapy has already empowered people to break free from the tyranny of anger, depression, anxiety, perfectionism, and other emotional difficulties.

WHY A WORKBOOK?

Learning to Tell Myself the Truth is a stand-alone workbook designed to provide readers with the directive tools to implement truth therapy into their lives. Through self-evaluation, growth exercises, and the spiritual discipleship unique to a workbook, readers will be enabled to identify their own misbeliefs and replace them with the truth. Based on the premise that people feel and act the way they think, freedom from emotional anguish and behavioral paralysis is possible if true thoughts replace the lies a person believes.

WHO IS HELPED BY TRUTH THERAPY?

Anyone who has difficulty controlling inappropriate emotions and/or actions--depressed people, anxious people, habitually irritated or angry people, people who want to break tough habits, and people who would like to feel better or establish better control over some aspect of their behavior.

WILL IT WORK FOR ME?

Absolutely YES! If you are willing to work at changing some of your beliefs, if you are willing to examine your habitual self-talk and replace your old thinking, then truth therapy will work for you.

William Backus founded the center for Christian Psychological Services, was a licensed consulting psychologist, and an ordained minister of the gospel. Dr. Backus did follow-up studies of his clients that showed a 95 percent improvement rate compared to a 67 percent success rate for other methods of therapy. He claimed that the difference was the truth of God as revealed in His Word. Dr. Backus died in June 2005.

About the Author

Dr. William Backus is founder of the Center for Christian Psychological Services, and an ordained clergyman in the Lutheran church. He is also a licensed Consulting Psychologist. He has a master's degree in theology from Concordia Seminary in St. Louis and a Ph.D. in Clinical Psychology from the University of Minnesota. Dr. Backus has conducted follow-up studies of his clients, which show a 95 percent improvement rate, compared to a 67 percent success rate for other methods of therapy. The difference, Dr. Backus says, is "the truth of God as revealed in the Word." In addition, he serves as an assistant pastor on the staff of North Heights Lutheran Church, Roseville, Minnesota, where he has founded and directed a lay-staffed free counseling clinic. He and his wife live in Minnesota.

Users Review

From reader reviews:

William Martel:

What do you concentrate on book? It is just for students since they are still students or this for all people in the world, what best subject for that? Merely you can be answered for that question above. Every person has distinct personality and hobby for every single other. Don't to be forced someone or something that they don't wish do that. You must know how great in addition to important the book Learning to Tell Myself the Truth. All type of book could you see on many sources. You can look for the internet resources or other social media.

Hattie Booth:

Beside this Learning to Tell Myself the Truth in your phone, it can give you a way to get more close to the new knowledge or facts. The information and the knowledge you can get here is fresh through the oven so don't be worry if you feel like an older people live in narrow commune. It is good thing to have Learning to Tell Myself the Truth because this book offers to your account readable information. Do you often have book but you seldom get what it's all about. Oh come on, that won't happen if you have this with your hand. The Enjoyable agreement here cannot be questionable, similar to treasuring beautiful island. Use you still want to miss that? Find this book along with read it from today!

Tony Sanford:

Is it you who having spare time then spend it whole day by simply watching television programs or just resting on the bed? Do you need something new? This Learning to Tell Myself the Truth can be the solution, oh how comes? A fresh book you know. You are consequently out of date, spending your time by reading in this brand new era is common not a nerd activity. So what these textbooks have than the others?

Lester Baker:

What is your hobby? Have you heard this question when you got scholars? We believe that that concern was given by teacher to the students. Many kinds of hobby, Every individual has different hobby. So you know that little person just like reading or as looking at become their hobby. You should know that reading is very important in addition to book as to be the matter. Book is important thing to include you knowledge, except your teacher or lecturer. You get good news or update regarding something by book. Numerous books that can you go onto be your object. One of them is actually Learning to Tell Myself the Truth.

Download and Read Online Learning to Tell Myself the Truth By

William Backus #FGWQODNXKY0

Read Learning to Tell Myself the Truth By William Backus for online ebook

Learning to Tell Myself the Truth By William Backus Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Learning to Tell Myself the Truth By William Backus books to read online.

Online Learning to Tell Myself the Truth By William Backus ebook PDF download

Learning to Tell Myself the Truth By William Backus Doc

Learning to Tell Myself the Truth By William Backus Mobipocket

Learning to Tell Myself the Truth By William Backus EPub

FGWQODNXKY0: Learning to Tell Myself the Truth By William Backus