

SOS

HELP FOR EMOTIONS



MANAGING ANXIETY,
ANGER & DEPRESSION



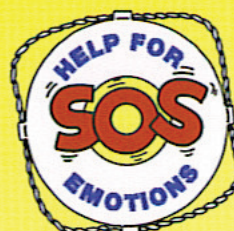
Lynn Clark, Ph.D.

Self-Help/Psychology

Manage Anxiety, Anger, and Depression!

SOS Help For Emotions can help you to:

- Manage your emotions
- Manage Relationships
- Attain greater contentment
- Achieve your personal goals
- Increase your emotional intelligence



READ What Others are Saying About SOS:

"Beautifully captures the spirit of Rational Emotive Behavior Therapy in concise, evocative, and humorous language. A gem of an introduction to REBT."

—Albert Ellis, Ph.D., Grandfather of Cognitive Behavior Therapy

"SOS is a beautiful work! The use of cartoons, figures, and illustrations is quite engaging."

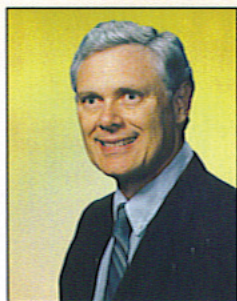
—Donald Beal, Ph.D., Associate Professor of Psychology Eastern Kentucky University.

"It's spectacular! SOS is the best self-help book on Rational Emotive Behavior Therapy that I have seen."

—Raymond DiGiuseppe, Ph.D., Past President of Association for Cognitive and Behavioral Therapies (ABCT) and Director of Professional Education at Albert Ellis Institute

**Manage Your Emotions Before They Manage You!
Read SOS Help For Emotions.**

About The Author



The author of *SOS Help For Emotions* is Dr. Lynn Clark, a clinical psychologist who lives in Bowling Green, Kentucky. He is Professor Emeritus of Psychology at Western Kentucky University and has taught as an Adjunct Professor of Education for Boston University.

Dr. Clark has extensive professional experience in community mental health centers, hospitals, counseling centers, and community agencies. He is listed in the National Register of Health Service Providers in Psychology.



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