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Steps To  
Overcoming  
Depression  
Anxiety And  
Anger

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To  
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Linda J. Solie, a  
psychologist who has  
been in private  
practice for more than  
20 years, says

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Everyone can benefit from taking charge of their emotional health. She gives readers the skills to take control of their thoughts and behaviors by first identifying the problem thinking that creates painful feelings and undesirable conduct.

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Emotions! 1. Psalm  
112:1 – Pray for a  
fresh baptism of the  
fear of the Lord for  
your husband. 2.

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Psalm 28:7-8, Psalm

20:6 – Pray that the

Lord will renew his  
strength continually,

the Lord will shield

him spirit,... 3. Titus

2:7-8, 1 Kings 9:4, 2

Corinthians 1:12 –

Pray that in ...

~~Take Charge of Your~~

~~Emotions!—The~~

~~Dream Centre of Life~~



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“Take Charge of Your Emotions” is a terrific resource for anyone struggling with depression, anxiety or anger. Using a practical and pragmatic approach, Dr. Linda Solie gives the reader a workable and simple set of exercises to begin tackling the overwhelming



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Emotions that can  
beset a person.

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your emotions? THE  
STORIES WE TELL  
OURSELVES. We  
unconsciously decide  
what events and  
experiences in our life

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Emotions Given  
mean; we do it all  
the... TRADE YOUR  
EXPECTATIONS  
FOR  
APPRECIATION. If  
choosing the  
disempowering story  
sounds familiar, you  
aren't alone. We all...  
TAKING BACK  
CONTROL. ...

~~3 Tips to take charge  
of your emotions~~

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~~Anger~~  
Here is a way to take  
charge of your  
emotions. First, you  
need to label it. What  
are you feeling? If you  
are feeling  
uncomfortable, LOVE

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Anxiety And  
Anger

and WARMTH will help in changing uncomfortable to comfortable. If you are afraid, manufacture a sense of GRATITUDE. This will wipe out the emotion of fear.

~~Take Charge of Your Emotions~~

When I was acting “off,” no one really

Access PDF Take Charge Of Your Emotions Book provided me the right resources or interventions to help me get through the mental distress I was dealing with in Junior High School. This was in the early 2000's so I think mental health interventions were not the most accessible resource for my generation.

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Emotions—Our  
Kapwa~~

Take Charge of Your  
Emotions by Dr. Linda

J. Solie Seven Steps  
to Overcoming

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and Anger For many

people suffer from  
depression and

anxiety, this book is a  
useful guide, set up in  
an organized system,



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to help these  
sufferers.

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Do you sometimes  
have emotions you  
can't explain or don't  
want? You are not  
alone--and there is  
help. Whether you are  
challenged with

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Emotions Even

significant bouts of  
depression or anxiety,  
periods of

longstanding

emotional pain,

frequent temper flare-  
ups, or only an

occasional

unwelcome mood,

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Emotions is relevant

to your life.

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Solie guides you

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Emotions seven steps  
to dealing with  
negative or  
destructive feelings.

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Last but not least, a  
way to take charge of  
emotions when  
dealing with your  
money is to take

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yourself out of the  
equation. Your  
emotions cannot  
mess up your  
financial life, your  
plans for financial  
health and your  
dreams and hopes for  
retirement if you  
create direct debits for  
paying off your debt,  
making a payment  
into a savings account  
and contributing to

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emotions when  
dealing with money~~

Do you sometimes  
have emotions you  
can't explain or don't  
want? You are not  
alone--and there is  
help. Whether you are  
challenged with  
significant bouts of  
depression or anxiety,

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periods of  
longstanding

emotional pain,

frequent temper flare-

ups, or only an

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Emotions is relevant

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Solie guides you

through seven steps

to dealing with

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Whether you are  
challenged with  
significant bouts of  
depression or anxiety,  
periods of  
longstanding  
emotional pain,

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frequent temper flare-ups, or only an occasional

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Take Charge of Your Emotions is relevant to your life.

Psychologist Linda Solie guides you through seven steps to dealing with negative or destructive feelings.



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Linda J. Solie, a  
psychologist who has  
been in private  
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20 years, says  
everyone can benefit  
from taking charge of  
their emotional health.  
She gives readers the  
skills to take control of

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