



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

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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?

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WHY A WORKBOOK?

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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:

Nicholas Hess:

The publication untitled Learning to Tell Myself the Truth is the reserve that recommended to you to read. You can see the quality of the publication content that will be shown to you. The language that article author use to explained their ideas are easily to understand. The article writer was did a lot of research when write the book, so the information that they share for your requirements is absolutely accurate. You also can get the e-book of Learning to Tell Myself the Truth from the publisher to make you far more enjoy free time.

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