



Managing Your Mind: The Mental Fitness Guide

Gillian Butler

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Originally published in 1995, the first edition of *Managing Your Mind* established a unique place in the self-help book market. A blend of tried-and-true psychological counseling and no-nonsense management advice grounded in the principles of CBT and other psychological treatments, the book straddled two types of self-help literature, arguing that in one's personal and professional life, the way to success is the same. By adopting the practical strategies that mental health experts Butler and Hope have developed over years of clinical research and practice, one can develop the "mental fitness" necessary to resolve one's personal and interpersonal challenges at home and work and to live a productive, satisfying life.

The first edition addressed how to develop key skills to mental fitness (e.g., managing one's time better, facing and solving problems better, keeping things in perspective, learning to relax, etc.), how to improve one's relationships, how to beat anxiety and depression, and how to establish a good mind-body balance. For this new edition, Butler and Hope have updated all preexisting material and have added five new chapters on sexuality and intimate relationships; anger in relationships; recent traumatic events and their aftermath; loss and bereavement; and dealing with the past.

Managing Your Mind: The Mental Fitness Guide Details

Date : Published March 1st 2007 by Oxford University Press, USA (first published 1995)

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Author : Gillian Butler

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From Reader Review **Managing Your Mind: The Mental Fitness Guide for online ebook**

Reuel says

I read several books about the brain, the mind, and learning in spring 2000.

Deb Casselbury says

So great. I bought this book back in the 90's when I was undergoing therapy for depression, and kept it on my bookshelf through the years for bouts of self-doubt and emotional stress, like a mini-therapist to help weed out what I can do to fix my personal problems with relationships, and issues at my job. A simple paperback book, and yet, when used - very, very valuable.

Naomi says

2.8.10

Just began reading this book, which was a gift from my wonderful, beautiful sister, and it is brilliant. I only have read a few things on relationships so far, but the information has been so timely for me personally.

It really helps to feel that we have the power over ourselves, and we have choices. There is some really useful information in this book. I think everyone would benefit from it.

????? says

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Meric S. says

This book is both practical and profound. It's grounded in research but not too academic. It doesn't have a pie-in-the-sky approach to self-help. It's realistic. Highly recommended.

Grace Curtis says

I bought this book originally in 1995 and recently purchased the most recent version for the Kindle reader. It is a book I have gone back to many times and I am not a huge fan of self-help books. This one seems well organized and extremely practical. Life is tough sometimes and I think it is nice to have a user's manual

around for those times when something malfunctions or is not running as smoothly as it should.

T says

This book is very clearly targeted to an audience who feels a loss of control within their bubble of society. It would be relevant to the elderly or those needing a self-esteem booster. Not practical for a young adult, and not what I expected in a book categorized as "mental fitness".

Abdulrahman says

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E says

A comprehensive guide to developing robust mental health

What you put into your body has an impact on your physical health. You are in big trouble if you live on candy, chips and root beer. Similarly, what you dwell on in your mind affects your mental health. If your thoughts are self-critical, obsessive and anxious, you will not be happy. In fact, you will probably be miserable and neurotic. Fortunately, just as you can improve your physical health with diet and exercise, you can also take specific steps to improve your mental health. Cognitive therapy experts Gillian Butler and Tony Hope show you these steps and teach you how to use them to develop a healthier, happier mind. They offer sensible techniques you can use to feel more self-confident, and less anxious, stressed and fearful. This self-help guide outlines techniques for achieving your mental health goals, including chapters on beating bad habits and building decision-making and memory skills. getAbstract suggests this exemplary book to anyone who wants to be more positive, upbeat and serene.

Sea Urchin says

Its a decent book, I keep it for reference purposes.

Its well organized with all the material and how to handle everything from self esteem, depression, managing time, decision making, etc. Gives you a brief overview of how to handle situations ...

Like with all self helps, you must actually TRY to do the things in the book, rather than passively read and I think if you do that, this book can be helpful..

I would give it 3.85.

Julia says

Everyone gets into some rough mental patches sometimes, and this book has the ways to fix them

Charlane Brady says

I read the first edition back in 1995. I particularly liked the section on How to Improve Relationships and the chapter on recognizing voices from the past. Life changing at the time since I was not sure how to sit still with myself yet I could at least start working on my reactions and thoughts.

Sue Bridehead (A Pseudonym) says

I picked this up months ago for \$1 at a thrift store. It appealed to me because of its promises to help with anxiety and time management. At the time I purchased it, I had 12 work deadlines unfurling about once every 5 days, so it seemed particularly applicable. I thought if the book couldn't help me, I could at least hold it in my arms before fainting, so the paramedics would understand my state of mind at the time of my stress coma onset.

Was it helpful? I'm still awake, so yes, I think so. To me, an occasional recreational personal development reader (I skim quickly and I don't do all the exercises) this book was a solid introduction to concepts that are likely pretty basic to a serious self-help junkie.

I thought the time management chapter in particular was aces. I particularly appreciated the "elephants on the horizon" metaphor. The concept is that big things look small when they're seen from a distance, but guess what? They're still big. If you commit to something huge and less-than-thrilling, thinking "It's a year away, no big deal," the problem is something more important or enjoyable will always take precedence on a day-to-day basis. The elephant may look tiny on the horizon now, but 11 months from now when it's only one month away and you've done nothing to prepare, it'll still be an elephant, headed in your general direction and about to crush you.

The moral of this time management story, according to the authors, isn't "Start planning sooner," but rather, "Don't say yes to commitments that don't excite you." As they point out, every time you say yes to something, you're saying no to something else.

This is wise advice, easily overlooked by those of us who have been trained from birth to say yes.

This book will get a privileged place on my bookshelf, though I'll probably hide it when guests come over. "The Mental Fitness Guide" subtitle is a mite embarrassing.

Victoria says

I enjoyed this book it was very helpful!

Branden Barnett says

good solid mental health advice
