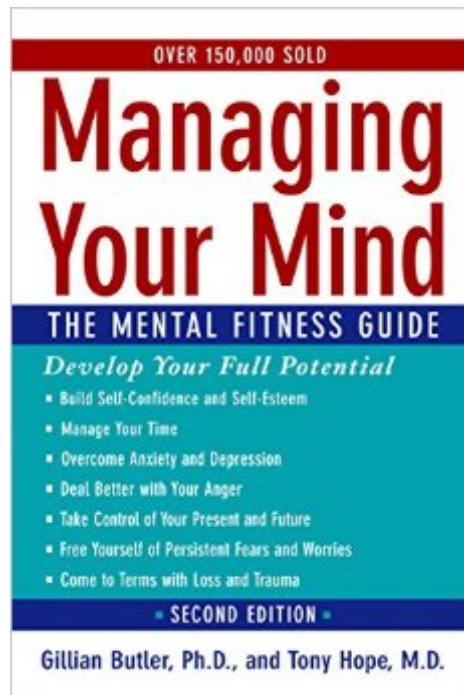


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# Managing Your Mind: The Mental Fitness Guide



## Synopsis

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.

## Book Information

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## Customer Reviews

It's unusual for me to read chapters of a book out of order. Had I read this book from front to back, I would have angrily tossed it out when I hit chapters 3 and 4. The authors have not had the pleasure of grasping the virtue of selfishness. Instead, they occasionally apologize and appease. In these early chapters they recommend "unconditional positive regard" stating that it's "not selfish, nor egoistic" to have this attitude towards ourselves. This chapter is a philosophical junkyard. They ask why we admire a Mother Teresa and answer that it's because she sacrifices herself for others. They ask "Would you admire her if she sacrificed herself for something worthless?" and omit the possibility that she is not admirable because she lived a life of sacrifice by choice and encourages others to do likewise. The authors also invent the contradictory concept of the "unselfish I." So heaven help me! Why would I recommend such a book? I recommend it because it is chock full of simple good tips - e.g., good study skills, identifying and pursuing healthy goals to bring you pleasure, keeping friendships fair - with a lovely undercurrent of egoism despite occasional nosedives. For example, "Cultural attitudes, including religious ones, seem to make rewarding oneself seem bad..." (Were it my book, I would omit the "seem to") - or "Do not make a virtue out of being a martyr." The mix of good and bad ideas in this book makes me wonder if one author was philosophically healthier than the other one. This book offers valuable thinking skills. I recommend skipping chapters 1-3. This is a good book to keep in your reference library. If you are having difficulty with a particular issue in your life, read the chapter on that.

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