

[PDF] Telling Yourself The Truth Workbook

William Backus, Marie Chapien - pdf download free book

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Description:

From the Back Cover Most of What Happens in Your Life Happens Because of the Way You Think

Wrong thinking produces wrong emotions, wrong reactions, wrong behavior--and unhappiness!
Learning to deal with your thoughts is the first step on the road to healthy thinking.

How to handle one's thoughts properly is what this book is all about!

It explains the life-changing method the authors call *Misbelief Therapy*, and it can work for you--

- In your home
- In your own circumstances
- In your own problems

-In your own adverse environment
-in your own thinking

Based on the Bible, this book has helped thousands of people for many years, and it can help you!

Telling Yourself the Truth can show you how to identify your own misbeliefs and replace them with the truth. --This text refers to an out of print or unavailable edition of this title.

About the Author Dr. William Backus offers practical help and training to those who want to learn effective and loving interpersonal communication. "It seemed to me," Backus said, "that many people were talking to one another without much concern for the truth and love in what they were saying, and thus weakening the power of communication in the home, the Church, and other communities.

He received a B.A. and a Bachelor of Divinity degree at Concordia Seminary, St. Louis, Missouri. After receiving the degree of Master of Sacred Theology, he was called to serve as pastor of St. Paul's Lutheran Church, St. Louis. In 1956, he began serving a Lutheran Parish in Pleasant Hill, California.

In 1963, Backus was awarded the generous Wheat Ridge Scholarship for psychological studies, and in 1969 received the Ph.D. degree in Clinical Psychology from the University of Minnesota, Minneapolis.

After five years on the staff of Hennepin County General Hospital, Minneapolis, Minnesota, where he directed a program of training for clergymen of the area, Backus founded the Center for Christian Psychological Services.

Dr. Backus has conducted follow-up studies of his clients that show a 95% improvement rate, compared to a 67% success rate for other methods of therapy. The difference, Dr. Backus says, is "discovering our misbelief and replacing it with truth."

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.

Dr. Backus has authored several books, including *Telling Yourself the Truth* and *Why Do I Do What I Don't Want to Do?* with Marie Chapian, *Telling the Truth to Troubled People*, and *Finding the Freedom of Self-Control*. His latest book, *Untwisting Twisted Relationships*, offers help to those who would like to mend relationships that have been damaged or broken.

Backus lives with his wife, Candy, in Minnesota. The four Backus children have established homes in various parts of the midwest.

Marie Chapian is an author, speaker, and a psychotherapist. Educated at the

University of Minnesota, Moody Bible Institute, and Metropolitan State University,

she holds a Ph.D. in psychology. Marie has been the recipient of several awards in the areas of poetry, fiction, and design, and has been nominated for the Ten Outstanding Women of America Award.

Marie is best known as the author of over twenty-five books, including the bestseller

Free to Be Thin, which she co-authored with Neva Coyle. With over one million copies sold, this book received the Evangelical Christian Publishers Association's Platinum Book Award. Recently updated, the *All-New Free to Be Thin* includes current dietary and weight-maintenance research.

Marie Chapian's books have sold throughout the world, and have been translated into more than two dozen languages. Her other titles include *Telling Yourself the Truth*, co-authored with Dr. William Backus; *Mothers and Daughters*, a guide for teens and their mothers; and *Am I the Only One With Faded Genes?*, a teen devotional. Marie has also written the five-book devotional series, *A HEART FOR GOD*.

Marie travels extensively and speaks to women's groups, retreats, banquets, and other meetings throughout the United States. She is also known and loved as a speaker in Europe, Mexico, and Canada. Also a fitness aficionado, she writes about health and fitness and leads seminars and workshops teaching the *Free to Be Thin Lifestyle*. She makes her home in California.

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