

Learning to Tell Myself the Truth

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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

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.

Other Books

Dismantling the Tree of Knowledge of Good and Evil Within So Love Can Thrive. This book describes a method on how to transform the mind and heart of a person in a way that is loyal to Jesus and the Christian Scriptures. It is done through confession and repentance that involves strategic prayer to God with the help of understanding the many connections between: hurts, fear, pride, lust, sloth, gluttony, envy, judgment, and greed; along with one's visible sins (These connections form a structure called "the tree of knowledge of good and evil" within which has invisibly dominated humanity since the Garden of Eden). And, then to renew one's mind and actions with virtues (in the exact places where we have given up the vices) with wholesome and sober truth-based thinking and believing through Jesus' grace. The process of change is observably gradual.

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