



Jom-lah FIKIR...

A Guide On Transforming Thoughts For Your Wellbeing
(Available in 4 languages – English, Malay, Chinese, Tamil)

Edited by
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** CBT – Cognitive Behavioral Therapy*

Foreword

I would like to congratulate the Editors of this book, Dr. Phang Cheng Kar and Dr. Firdaus Mukhtar for writing this very important book - *Jom-Lah FIKIR*, which is based on Cognitive Behaviour Therapy (CBT). CBT has gained popularity in the last two decades. From its original beginnings as a form of psychological treatment for Depression, it has progressed to be used for various other psychological disorders, including biological disorders such as Bipolar Disorder and Schizophrenia. It has also branched out into several forms of other cognitive-based therapies such as Mindfulness-based Cognitive Therapy and Cognitive-Based Hypnotherapy. The beauty of cognitive-based therapies is that they are all based on evidence-based scientific research.

This particular book is meant for the general public. It is useful for everyone, not necessarily only for those with psychological disorders. It teaches us how to use simple cognitive behaviour concepts to tackle our sometimes predominant negative thoughts. The beauty of this book is it helps us to learn simple techniques that are presented in simple language, very easy to understand and follow. It is very comprehensive, and as long as you keep an open mind, you will find the book useful.

The trick in CBT is to understand how the mind works (e.g. how thoughts can affect feelings and are conditioned by past experience), and to use the understanding to think more logically. This may not necessarily mean only positive thinking, which at times can be illogical to the person concerned, making them more stressed.

Once again, congratulations to the Editors and writers. Happy reading to the readers, and may you gain more insight into the workings of your mind. May you be transformed into a better and healthier person after reading the wonderful messages and practising the techniques?

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Preface

“Jom-lah FIKIR...” is a book on managing our thoughts so that they’re positive and helpful. This is important as it helps us to overcome excessive stress, prevent depression, and generate happiness. Though it appears simple, this book is based on scientific research and practice of Cognitive Behaviour Therapy, and the emerging field of Positive Psychology.

Many overseas books are available on this topic, but “Jom-lah FIKIR...” is special for several reasons:

1. It’s easy to understand with practical suggestions.
2. It has pictures, definitions, and examples that are relevant to our local culture.
3. It’s available in four languages – English, Bahasa Malaysia, Chinese, and Tamil.

We hope that after reading and practicing the suggestions in this book, you’re more mindful of your thoughts, wiser in handling them, and able to generate more happiness in life.

This book is divided into four parts:

1. Understanding thought patterns that create stress – Thinking Errors.
2. Five ways to transform negative thoughts.
3. Cultivating happy thoughts – Grateful Thinking.
4. Resources for further understanding of “Jom-lah FIKIR.”

Last but not least, we would like to thank our patients for their willingness to share their deepest thoughts with us. It's a humbling and wonderful learning experience - something which we are all deeply grateful for. May all of us have peace of mind and be happy.

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