Between the Lines: Essentials of Cognitive Behavioral Therapy: Therapeutic Journeys Improving Interpersonal Boundaries Leading to Peace of Mind (Paperback)

By Stephen M Guido Phd

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Between the Lines takes the mystery and stigma out of therapy by providing an overview of what is available and necessary for consideration when making the decision to consult a therapist. Average people often suffer psychological turmoil needlessly. Some real fears in our society may generate irrational thoughts that exert negative influences on our behaviors, causing creative, intelligent, compassionate individuals to feel trapped inside their bodies-bereft of happiness, peace of mind, and the ability to enjoy life. Between the Lines delivers the tools to gain mastery of, and control over, many of these debilitating symptoms while emphasizing boundary issues that can interfere with a variety of interpersonal relationships. Stephen M. Guido, PhD, shares his own personal struggle, as well as dialogue with his patient, Tony, to illustrate how cognitive behavioral therapy (CBT), in tandem with ancillary therapeutic techniques, can help improve a person s quality of life by redirecting his or her thought processes. Offering a wealth of insight for therapists, nontherapists, and individuals in need, this book outlines effective methods for addressing numerous emotional disorders and proffers the...

READ ONLINE
[6.63 MB]

Reviews

It in one of the most popular ebook. It usually fails to price an excessive amount of. Its been printed in an extremely basic way in fact it is merely right after i finished reading through this book in which really altered me, change the way i believe.
-- Sigrid Brown

Absolutely one of the best pdf We have ever read. I really could comprehended every little thing using this written e book. I am easily could get a satisfaction of reading a written publication.
-- Dr. Odie Hamill