



Depression: A CBT Workbook for Depression. This CBT Workbook Will Help You to Record Your Progress When Using CBT to Reduce Depression. This Workbook Is Full of Empty CBT Worksheets, Tables and Diagrams

By Dr James Manning, Dr Nicola Ridgeway

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English. Brand New Book ****** Print on Demand ******. This book has been written to help you record your progress as you complete Cognitive Behaviour Therapy (CBT) exercises for depression. Many people don t like writing in books, and in most of the CBT books I ve looked at, the tables look good, but the pages are much too small to write in. I have made this book especially large to make it easier to write in. So please write in it! Write all over it if you like! If you are having CBT sessions take it with you to your sessions and use it to make notes. Many people who have CBT need to keep using the ideas they ve learnt in their sessions well after they have finished their therapy to prevent relapse. This book is designed to allow you to keep a permanent record of your thoughts so that you can look back over them at any time in the future. You may even decide to show this book to other family members when your current problems are a distant memory. Keeping written records is...



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