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COGNITIVE BEHAVIOURAL THERAPY WORKBOOK FOR DUMMIES (PAPERBACK)



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John Wiley Sons Inc, United States, 2012. Paperback. Condition: New. 2nd Edition. Language: English . This book usually ship within 10-15 business days and we will endeavor to dispatch orders quicker than this where possible. Brand New Book. Dozens of practical exercises and easy to perform techniques for banishing negative thoughts before they take hold Whether you re trying to overcome anxiety and depression, boost self-esteem, beat addiction, lose weight, or simply improve your outlook, cognitive behavioural therapy (CBT) offers a practical, sensible approach to mastering your thoughts and thinking constructively. In this updated and expanded edition of the companion workbook to their bestselling Cognitive Behavioural Therapy For Dummies, professional therapists Rhena Branch and Rob Wilson show you, step-by-step, how to put the lessons provided in their book into practice. Inside you II find a huge number of hands-on exercises and techniques to help you remove roadblocks to change and regain control over your life. Cognitive Behavioural Therapy For Dummies, Second Edition and provides exercises to put those ideas into practiceFeatures a range of hands-on CBT exercises and techniques for beating anxiety or depression, boosting your self-esteem, losing weight, or simply improving your outlook on life Rhena Branch and Rob Willson are CBT therapists at the Priory Clinic in London, and the authors of Cognitive Behavioural Therapy For Dummies.

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