



Cognitive Behavioural Therapy (CBT): A Further Guide to Cognitive Behavioral Therapy - A Practical Guide to CBT for Overcoming Anxiety, Depression, Addictions Other Psychological Conditions (Paperback)

By Jane Aniston

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Would You Like To Take Back Your Life And Be The Person You Always Wanted To Be? - NOW INCLUDES FREE GIFTS! (see below for details) Do you feel stuck in a rut, unable to move forward with your life? Are things not going as you would like them to, no matter how hard you try? Are you suffering from anxiety or depression? Do you find yourself repeating the same negative patterns over and over again? Do you want to be fully in control of your life and emotions again? Are you struggling with an addiction such as alcoholism or binge eating? If the answer to any of these questions is yes, this book will provide you with the answers you ve been looking for! Cognitive behavioral therapy is a scientifically proven technique that helps you to adjust your thinking and behaviors so that you can break out of negative loops and move forward in a much more positive manner. It teaches you how you can adjust your thinking and helps you to differentiate between negative thoughts that are helpful and those...



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