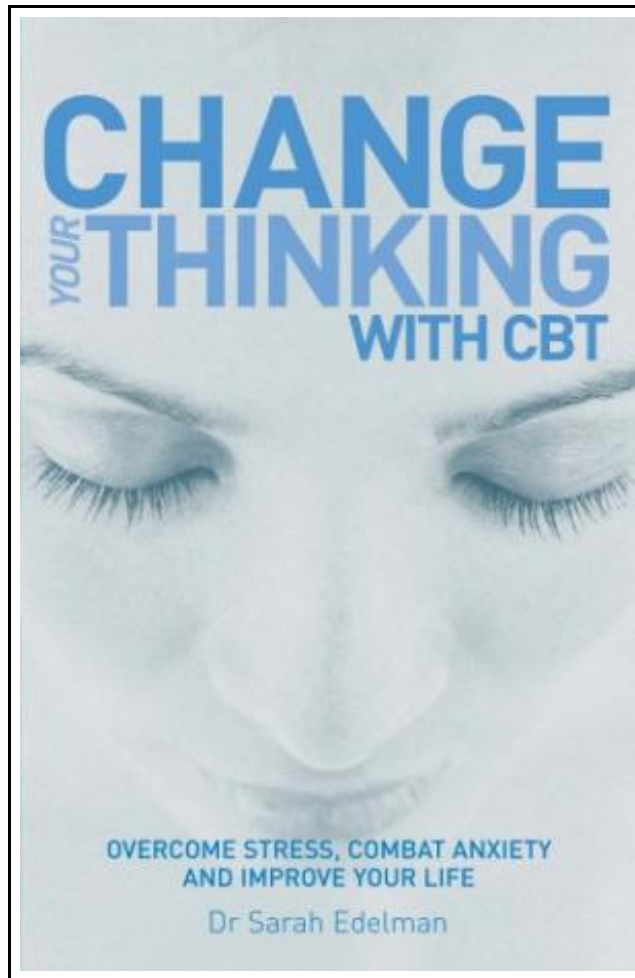


Change Your Thinking with CBT: Overcome Stress, Combat Anxiety and Improve Your Life



Filesize: 5 MB

Reviews

Excellent electronic book and helpful one. It usually does not cost a lot of. I am quickly will get a pleasure of reading through a written publication.

(Bernardo Feeney Jr.)

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Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, Change Your Thinking with CBT: Overcome Stress, Combat Anxiety and Improve Your Life, Sarah Edelman, All of us experience complicated thoughts and feelings as we negotiate the day and these feelings can be difficult to manage. Sometimes we are aware that the way we think contributes to our difficulties, but don't know what to do about it. "Change Your Thinking" is soundly based on the principles of cognitive behaviour therapy (CBT), the standard psychological tool used by therapists. The aim of CBT is to develop realistic thought patterns to help us respond better to upsetting emotions. In this book, Dr Edelman demonstrates how to dispute that nagging voice in your head and deal more rationally with feelings of anger, depression, frustration and anxiety. The book also offers sensible suggestions for more effective communication and for finding happiness, something that is within everyone's grasp. CBT can help you change your thinking and make a difference to your life - beginning today.



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