



Cognitive Behavioural Therapy Workbook For Dummies (Paperback)

By Rhena Branch, Rob Willson

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 ll 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 Workbook For Dummies, Second Edition: Develops the ideas and concepts that presented in the bestselling 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...



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