



Cognitive Behavioural Therapy Workbook For Dummies

Rhena Branch, Rob Willson

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CBT is a proven and effective approach to mastering your thoughts, and here the authors of Cognitive Behavioural Therapy For Dummies show you step-by-step how to put the lessons of their book into practice. Inside you'll find a huge number of hands-on exercises and techniques to help you remove roadblocks to change - whether you're seeking to overcome anxiety and depression, boost self-esteem, lose weight, beat addiction or simply improve your outlook in your professional and personal life - and regain control over your 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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