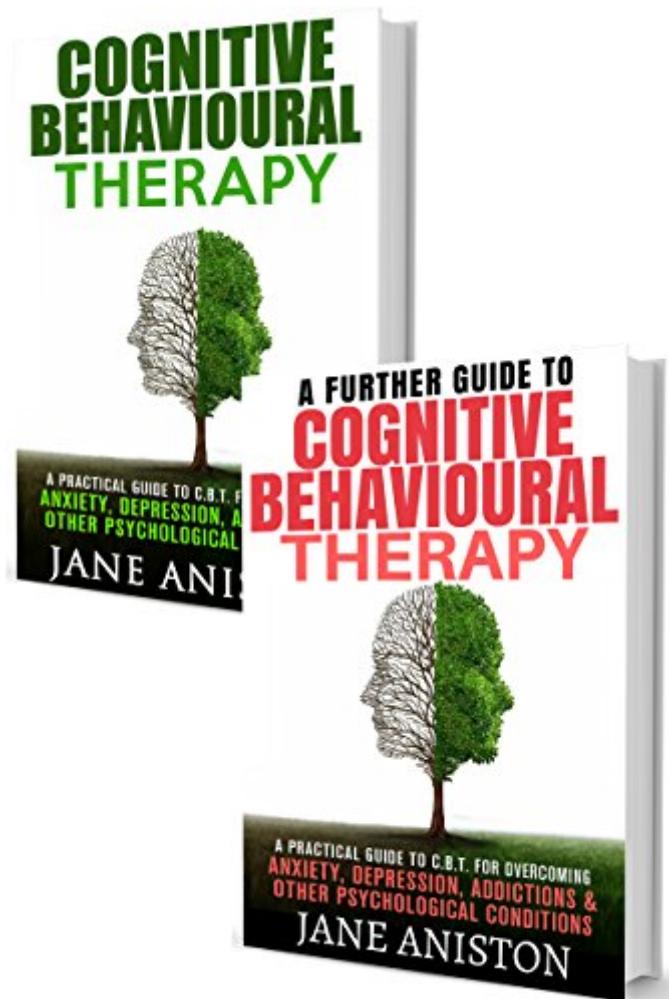


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# **Cognitive Behavioral Therapy (CBT): A Complete Guide To Cognitive Behavioral Therapy - A Practical Guide To CBT For Overcoming Anxiety, Depression, Addictions ... Phobias, Alcoholism, Eating Disorder)**





## Synopsis

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? Is anxiety, depression, addiction or another psychological condition stopping you or someone you know from fully enjoying life? Would you like to know EXACTLY how you can manage and overcome these conditions naturally & safely in order to regain full-control of your life and enjoy more happiness? Or are you simply looking for a highly-effective technique to improve your overall quality of life? 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 that are not. In this 2 book pack we offer you the COMPLETE guide to making CBT work for you, and will look at: A thorough explanation of CBT The conditions which can be treated with CBT How CBT can be of use as a self-development tool and for managing daily stresses and worries How to make CBT work for YOU Becoming your own therapist How to identify vicious cycles which can lead to suffering How to take the first steps towards behavioral change How to change the way you think in order to create long-term, lasting, tangible benefits in your life The importance of defusing harmful thoughts and exactly how you can do this Delving deeper into your feelings and looking at ways to clearly define what those feelings are; how to tell the difference between feelings that are healthy and unhealthy and how to shift the focus so that your feelings become more productive. Identifying what your core beliefs and automatic responses are and determining whether these are helping you or getting in your way. You will learn more about how your core beliefs are formed and how to determine whether or not your core beliefs are valid and helpful for you. How you can reorient your core beliefs so that they assist you in achieving what it is that you want to achieve. How you can set goals for yourself when it comes to the changes you want to affect and how to ensure that these goals are as effective as possible. How you can adapt your behavior so that it is more in line with the goals that you want to achieve and assist you in moving forward. How to gradually increase your exposure to situations that you might find difficult, so that you can make lasting changes in the most comfortable way possible. How to maintain the new behaviors and how to prevent a relapse into old, negative

behaviors.â |and much more!Also included for a limited time only are 2 FREE GIFTS, including a full length, FREE BOOK!Take the first step towards breaking free from the negative thoughts and behaviors holding you back today. Click the buy now button above for instant access. Also included are 2 FREE GIFTS! - A sample from one of my other best-selling books, and a full length, FRE

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## **Customer Reviews**

Excellent book! CBT has been proven to effectively treat mental conditions. In this book, interesting topics about CBT are being discussed. The relationship of thoughts and feelings are well-defined inside and gives help through CBT techniques and other practices. One may get interested especially when seeking self-help to free from the causes of suffering. It significantly improves lives with the techniques and also helps understand ones own thoughts and feelings. I learned a lot from this book and would definitely apply to myself in able for me to achieve a happy life. Really worth recommending!

In addition, through its workbook style format, readers are provided with a tangible framework to quickly assess and address challenges they may be facing with everything from anxiety to depression to panic attacks, then helps them formulate and execute a personalized plan to address

the issues they've identified. It was definitely entertaining and a good pick! I must say that I love everything about this book! It is smart and so different from what I expected... - I find very good that this book keeps you interested and totally involved...

It is a awesome book!!! Cognitive Behavioral Therapy has been proven to effectively treat mental conditions. In this book, interesting topics about Cognitive Behavioral Therapy are being discussed. The relationship of thoughts and feelings are well-defined inside and gives help through CBT techniques and other practices. One may get interested especially when seeking self-help to free from the causes of suffering. It significantly improves lives with the techniques and also helps understand ones own thoughts and feelings. I really like it..

I had the basic understanding of CBT, with my grounding in Person-Centered and Adlerian theories. This book provided the necessary "training" that I needed to enhance my knowledge of CBT. It is written for a clinician, and provides the perfect balance of theory and practice, even offering a workbook-type feel. Using one client's experience throughout the book was a great move. I enjoyed reading this book and use it as a reference in my practice..

This book is very good and it gives a lot of useful information on how we can overcome our worries in our life and be positive. This book is perfect for those who are struggling in depression or having anxiety this book will be handy. This book is very well written by the author and I really appreciate it and I highly recommend this book to all of you guys.

I like this book. It works for me, Thanks to this book! it changed my behavior and my lifestyle. I am suffering on anxiety, depression, addictions and also alcoholism since we broke up with my ex-girlfriend. This book helped me to heal my depression and also addiction on alcohol. It is also motivates me to live better. For me this is really great.

I truly enjoyed reading Cognitive Behavioral Therapy. This book gives you detailed instructions on how to overcome anxiety and depression. In this book, interesting topics about CBT are being discussed. A great self help book on cognitive behavioral therapy. This book gives great insights on how to control the mind.

Since I am not going to a therapist for personal reasons I decided to get this collection. So far, these

a very practical books, and pretty much on the practical side. The advice is relatively easy to understand. Much of the advice comes down to changing ones behavior and getting involved in specific activities.

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depression) Freeing Your Child from Anxiety, Revised and Updated Edition: Practical Strategies to Overcome Fears, Worries, and Phobias and Be Prepared for Life--from Toddlers to Teens Amino Acids: The Way to Health and Wellness: Find Health and Healing from Depression, Addictions, Obesity, Anxiety, Sexual Issues, and Fill Nutritional Needs of Vegetarian and Vegan Diets Depressed and Anxious: The Dialectical Behavior Therapy Workbook for Overcoming Depression & Anxiety The Generalized Anxiety Disorder Workbook: A Comprehensive CBT Guide for Coping with Uncertainty, Worry, and Fear (New Harbinger Self-Help Workbooks)

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