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Cognitive Behavioural Therapy for Dummies

Learn to challenge negative thoughts before they take hold Straightforward advice to help you feel like you again Whether you're trying to fight anxiety and depression, beat addiction, or simply lose weight, the key to success is learning how to think differently. Cognitive behavioural therapy (CBT) is a practical, sensible, and effective approach to help you master your thoughts and think constructively, and Cognitive Behavioural Therapy For Dummies is the easiest and fastest way to get started. Discover how to * Turn negative thoughts into positive action * Regain your sense of perspective * Break the spiral of anxiety and depression * Use CBT techniques in the real world * Treat phobias and eating problems

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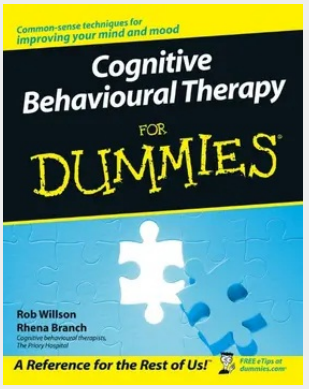

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