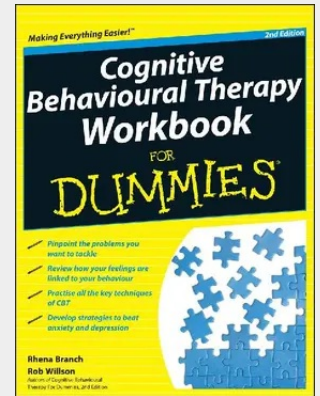


Cognitive Behavioural Therapy Workbook For Dummies

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 Willson 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 practice - Features a range of hands-on CBT exercises and techniques for beating anxiety or depression, boosting your self-esteem, losing weight, or simply improving your outlook on life Rhena Branch and Rob Willson are CBT therapists at the Priory Clinic in London, and the authors of Cognitive Behavioural Therapy For Dummies.

Practise the skills and develop the tools to challenge negative thoughts CBT is a proven and effective approach to mastering your thoughts, and here the authors of Cognitive Behavioural Therapy For Dummies, 2nd Edition show you how to put the ideas from 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, improve your relationships, or simply improve your outlook in your professional and personal life. See how to *

- Recognise your problematic thinking patterns
- Use techniques to direct your focus
- Define your problems and set specific goals for change
- Create and maintain healthy relationships
- Live in a positive way
- Pinpoint the problems you want to tackle
- Review how your feelings are linked to your behaviour
- Practise all the key techniques of CBT
- Develop strategies to beat anxiety and depression



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