



Cognitive Behavioural Therapy: Teach Yourself

By Christine Wilding, Aileen Milne

Hodder & Stoughton General Division. Paperback. Book Condition: new. BRAND NEW, Cognitive Behavioural Therapy: Teach Yourself, Christine Wilding, Aileen Milne, "Cognitive Behavioural Therapy is now hugely popular, and as a self-help technique that has helped millions of people in the UK alone, and as an NHS-funded treatment for illnesses like depression. Teach Yourself: Cognitive Behavioural Therapy was one of the first and most successful books on CBT. This new edition shows how CBT techniques, which focus on using altered patterns of thinking to achieve goals and overcome problems, can make a major difference to your mentality. The first half of the book explains the background to CBT, what it is, and how to use it. The second half of the book gives examples of how you can use CBT to deal with specific issues, such as helping to overcome depression and anxiety, and boosting your mindfulness, resilience, assertiveness and self-esteem."



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Reviews

Excellent e-book and useful one. It is written in straightforward phrases rather than confusing. I am just very happy to explain how here is the finest publication I have got read through in my very own lifestyle and might be the greatest book for possibly.

-- **Viva Schuster**

Definitely one of the better books we have possibly read. We have read through and I am also certain that I am going to study it once again yet again in the foreseeable future. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Enrique Labadie**

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