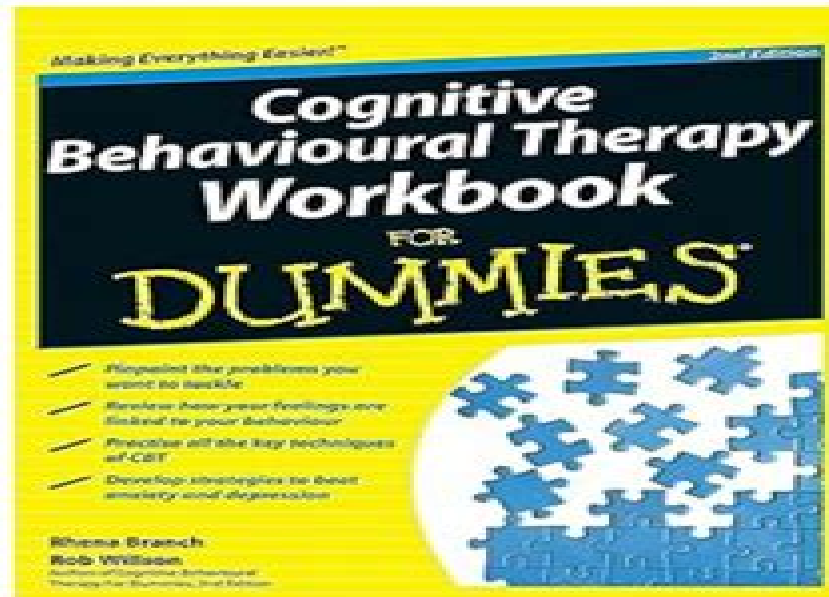


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Cognitive Behavioural Therapy Workbook For Dummies Rhena Branch, Rob Willson, 2012-01-05 Dozens of practical exercises and easy-to-perform techniques for banishing negative thoughts before they take hold. Whether you're trying to overcome anxiety and 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 Wilson 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.

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Managing Anxiety with CBT For Dummies Graham C. Davey, Kate Cavanagh, Fergal Jones, Lydia Turner, Adrian Whittington, 2012-10-29 Don't panic Combat your worries and minimize anxiety with CBT Cognitive Behavioural Therapy CBT is a hugely popular self help technique

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