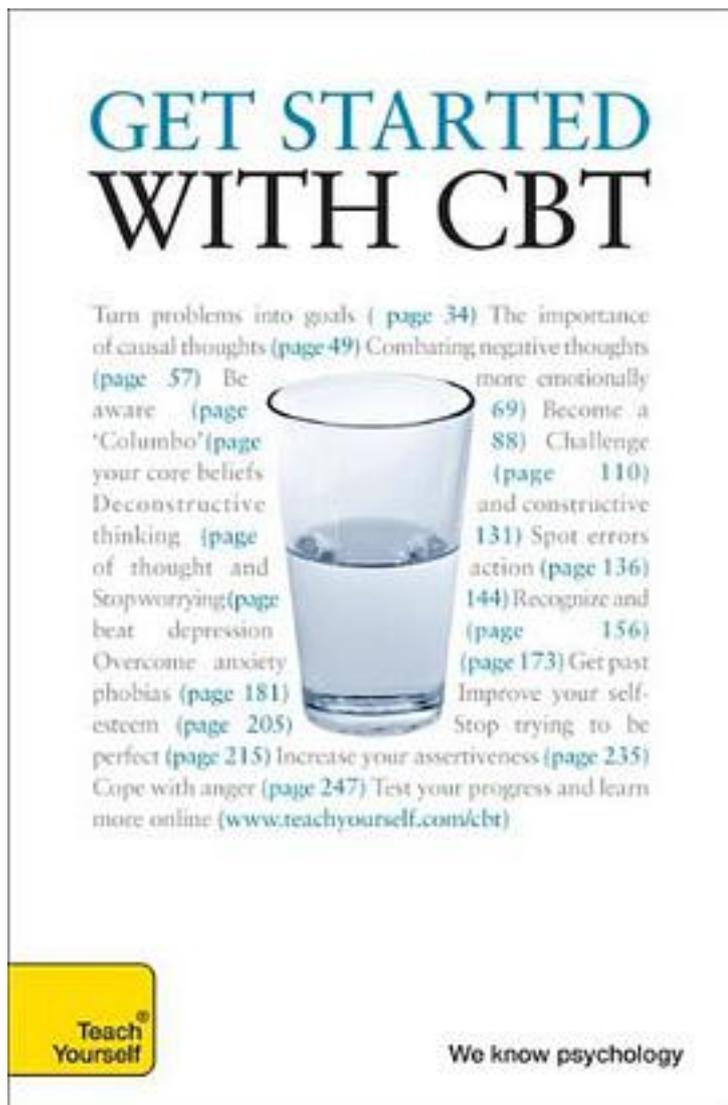


Cognitive Behavioural Therapy



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Rethink how you think, feel, and behave "Get Started with CBT" is the essential guide to this incredibly popular and successful therapy. Whether you want to learn CBT techniques to practice "self-therapy," are preparing to see a therapist, or are already a trained counselor but would like to learn more about CBT, this book explains it all. CBT helps you to evaluate how you think, feel and behave. It aims to replace self-defeating and irrational thoughts with more realistic, self-accepting and affirming beliefs, helping you to overcome problems by breaking them down into small, manageable parts and improving your state of mind. You can also visit teachyourself.com for tests, extension articles and a vibrant community of like-minded learners. And if you don't have much time, don't worry--this book gives you one-, five-, and 10-minute bites of learning to get you started.

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