Teach Yourself Cognitive Behavioural Therapy (Teach Yourself

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Is this the right book for me? Cognitive Behavioural Therapy: Teach Yourself is the best-selling guide to this hugely successful therapeutic model. It will give you a solid grounding in all the key ideas and techniques, as well as showing you how they can be applied in practice. Whether you need to get to grips with the essentials for a course, or just want to apply these proven techniques to your own life, this book is packed with practical examples and exercises to help you every step of the way. Cognitive Behavioural Therapy includes: Part one - The basic skills of CBT Chapter 1: CBT: the basics and background Chapter 2: Clarifying the problem Chapter 3: Setting your goals Chapter 4: Catch that thought! Chapter 5: Examining and responding to negative thoughts Chapter 6: More on moods Chapter 7: Recognizing distorted thinking patterns Chapter 8: Where's the evidence? Chapter 9: Testing it al out: adjusting your behaviour Chapter 10: Assumptions and beliefs: your rules for living Chapter 11: Additional CBT techniques Chapter 12: Thinking and behavioural errors that preclude positive changeaaa Chapter 13: Techniques for reducing negative physical symptoms Part two - CBT in action: working with specific difficulties Chapter 14: Understanding depression Chapter 15: Understanding anxiety Chapter 16: CBT for specific anxiety disorders Part three - CBT for developing strengths Chapter 17: Improving your self-esteem Chapter 18: Defeating perfectionism Chapter 19: Developing emotional strength Chapter 20: Increasing your assertiveness skills Chapter 21: Overcoming your anger habit Part four - last thoughts Chapter 22: When to consider professional help Learn effortlessly with a new easy-to-read page design and interactive features: Not got much time? One, five and ten-minute introductions to key principles to get you started. Author insights Lots of instant help with common problems and quick tips for success, based on the author's many years of experience. Test yourself Tests in the book and online to keep track of your progress. Extend your knowledge Extra online articles to give you a richer understanding of CBT. Five things to remember Quick refreshers to help you remember the key facts. Try this Innovative exercises illustrate what you've learnt and how to use it.

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