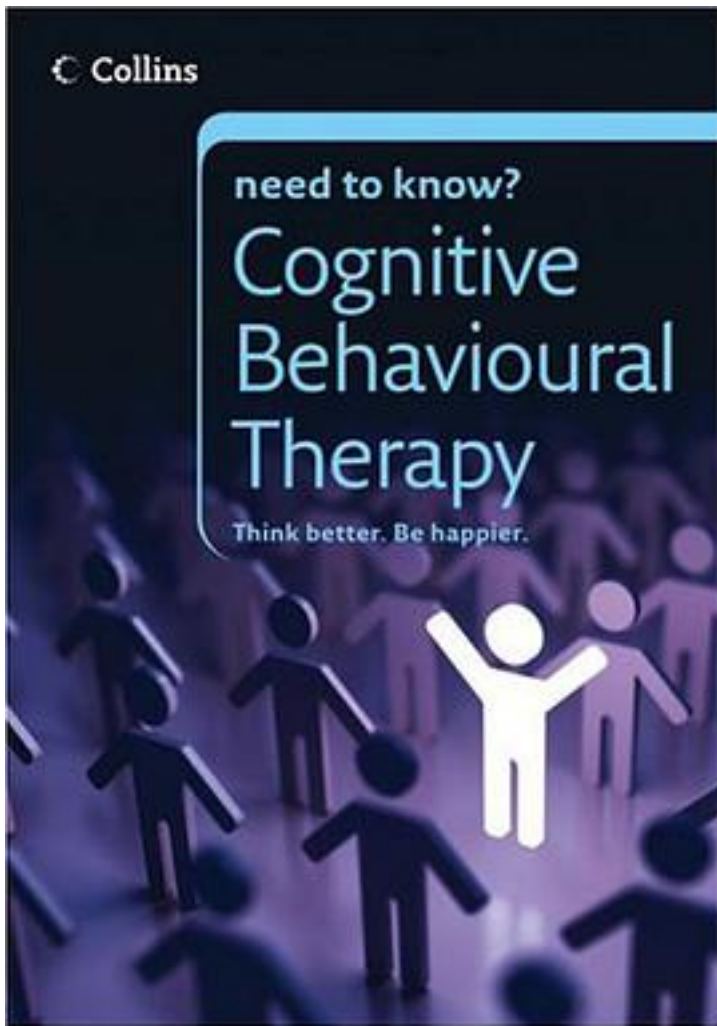


Collins Need to Know? Cognitive Behavioural Therapy



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著者:Boyes, Carolyn

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Is your style of thinking affecting your feelings? Could you make some basic changes and improve your self-esteem, motivation, and happiness? Cognitive Behavioral Therapy (CBT) is a medically approved method of treating depression, and is now growing in popularity as a self-help mechanism. This helpful handbook explains the basic aspects of CBT in simple and easy to understand language. Instructions are provided that will enable you to assess your own thought patterns and show you how to modify your thinking, thereby enabling you to respond better to any and all of life's challenges.

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