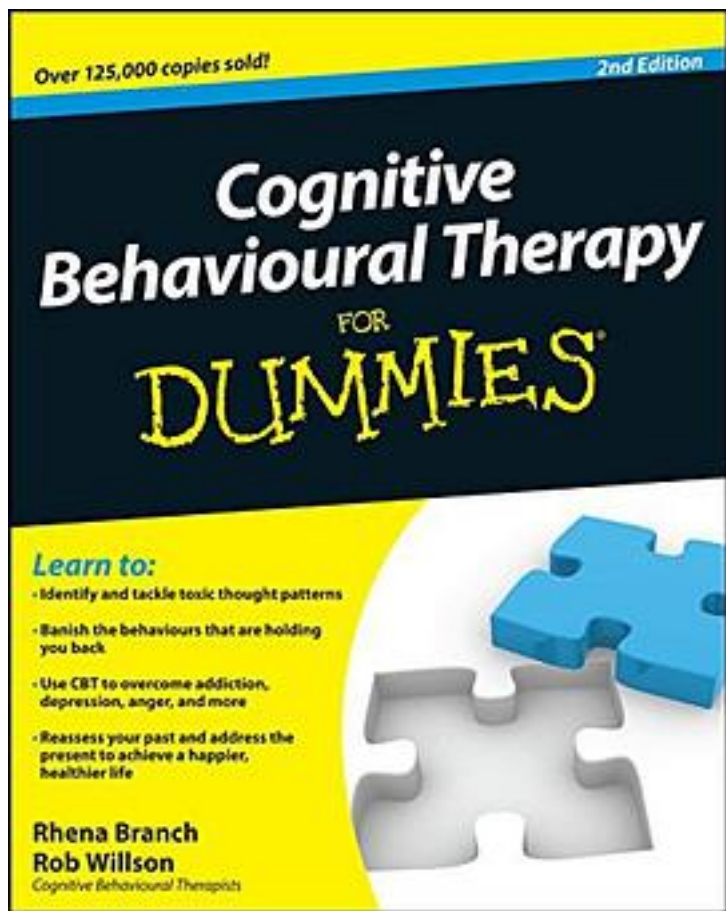


# Cognitive Behavioural Therapy For Dummies



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An updated edition of the bestselling guide on reprogramming one's negative thoughts and behaviour. Once the province of mental health professionals, CBT (or Cognitive Behavioural Therapy) has gained wide acceptance as the treatment of choice for anyone looking to overcome anxiety, lose weight, manage anger, beat an

addiction, or simply gain a new outlook on life. Written by two CBT therapists, this bestselling guide helps you apply the principles of CBT in your everyday life-allowing you to spot errors in your thinking; tackle toxic thoughts; refocus and retrain your awareness; and finally, stand up to and become free of the fear, depression, anger, and obsessions that have been plaguing you. Includes tips on establishing ten healthy attitudes for living as well as ten ways to lighten up Helps you chart a path by defining problems and setting goals Offers advice on taking a fresh look at your past, overcoming any obstacles to progress as well as ways to maintain your CBT gains Includes new and refreshed content, including chapters on how to beat an addiction and overcome body image issues With indispensable advice on finding your way out of the debilitating maze of negative thoughts and actions, the book is brimming with invaluable suggestions that will have even a confirmed pessimist well armed for the journey forward.

作者介绍:

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## 标签

CBT

认知

心理学

心理

@曾精读，对我人格、思想塑成产生深远影响的著作品

@写法之典范，写作方法论

## 评论

对认知行为疗法CBT极棒的综述，清晰、可操作强。也显出For Dummies系列成熟的结构，可读性上佳。

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cool!

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非黑即白

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Informative and comprehensive! Way more applicable for self therapy than the Judith Beck book. Much of the self-help book market can be summarized here.

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书评

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