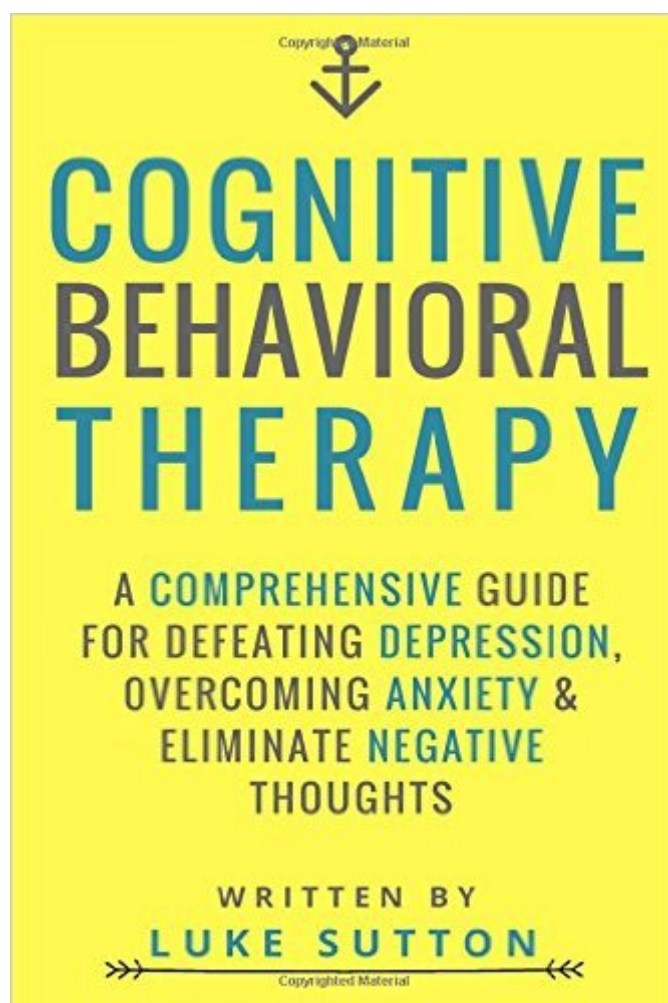


The book was found

Cognitive Behavioral Therapy : A Comprehensive Guide For Defeating Depression, Overcoming Anxiety, & Eliminate Negative Thoughts



Synopsis

Therapy eBook: 96 pages
Publisher: CreateSpace Independent Publishing Platform (June 24, 2016)
Language: English
ISBN-10: 1534895078
ISBN-13: 978-1534895072
Product Dimensions: 6 x 0.2 x 9 inches
Shipping Weight: 7 ounces (View shipping rates and policies)
Average Customer Review: 4.8 out of 5 stars (See all reviews) (17 customer reviews)
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Customer Reviews

This is an excellent book that contains proven steps and strategies on how to practically overcome the triple evil of anxiety, depression and negative thought. It doesn't matter for how long you have been grappling in the utter darkness of dissipating depression, suicidal thoughts, and grave anxiety, this book will bestow light. Cognitive Behavioral Therapy (CBT) is a form of psychotherapy that treats problem and boosts happiness by modifying dysfunctional emotions, behaviors and thoughts. CBT focuses on solutions, encouraging patients to challenge distorted cognitions and change destructive patterns of behaviors. I hope this book is able to equip with the needed know how to earnestly crave to handle the worst fears. So, I would like to recommend this book to all of my friends.

This book gives a very comprehensive look at most aspects of CBT as well as offering some dialogue and examples. This is the book I chose to use in my Masters Level CBT class and I got very good reviews from students. I also think it is very important to understand the different levels of thoughts (automatic thoughts, intermediate beliefs and core beliefs) and how to work at these three levels to help clients make significant changes in their lives. Homework is another critical CBT strategy that differentiates CBT from other types of therapy. If you are just beginning to learn about CBT or just need a re-fresher, this book is wonderful! It clearly outlines the therapy and also contains very helpful transcripts, highly recommended.

This is a great book on cognitive behavioural therapy, there is so much great information in this book. I have been practicing myself to be less reactive to adverse situations in life and be more in control of my inner thoughts. this is something that requires daily practice, but when you start paying more attention to your thoughts, you will realize how many negative vs positive thoughts you have and for it was very surprising to see how critical I was of myself and how paying more attention to them, improved my mood and happiness. This was just what I needed. Lately I've been reading a lot of books that are covering the subject similar to this one, since I've been struggling with some negligible (to most people, at least), minor phobias that were causing disturbance in my everyday life. I started thinking that I'm never going to be able to change that, until i decided to learn more about human mind and various types of possible solutions that could help me deal with those issues

with much more efficiency.

The principles of Cognitive Behavioural Therapy, which explained in this book very shortly. Cognitive-behavioral therapy is action-oriented, practical, rational, and helps the patient ...After your therapist has reviewed these forms you can work together. Therapy can be very effective for anxiety disorders. Cognitive Behavioral Therapy, Exposure Therapy and Other Options. Therapy gives you the tools to overcome anxiety and teaches you how to use them. Thus, the cognitive-behavioral therapy we do for social anxiety does not contain the same ...You should read this book to overcome anxiety and live a happier and fuller life. Therapy techniques to get rid of negative thoughts and decrease depression. Cognitive-behavioral therapy does not exist as a distinct therapeutic technique.

This book provides information and advises that are useful and to the point. The steps are clearly stated and I find it easy to follow and understand. I have been combating anxiety and stress with work and with situations happening in my life. This book taught me that admittance and recognition of your obstacles is the first step to freedom. I really learned how to calm myself down and enjoy daily in relaxation for certain periods of time. Now my next step is to obtain overall relaxation during the whole day no matter the situation I'm in.

This book talks about CBT techniques that are very structured, easy to follow and perfectly safe for anyone with mild to moderate mental health disorders, and even those who are simply looking to resolve emotionally challenging issues in life. There is substantial research that shows CBT to be just as effective as medication for the treatment of mental conditions, and it also works well in combination with medication. Moreover, the therapy is also a good alternative for cases where medication is not a viable option, such as when a patient is pregnant or on other prescription drugs.

Cognitive-behavioral therapy has been shown to be very effective for a variety of mental health conditions, but it is not a miracle cure. It takes time to teach patients to understand situations and identify the triggers that are causing them. On this point, it is important to read, understand, and practice a lot of effort to overcome their fears and instead take control and make the right choices. Finally, they learn what they should do, and then they must practice until they find the right.

My one and only experience with Cognitive Behavioral Therapy was about nine years ago while visiting a female counselor with my then-girlfriend. If I'd had this little book with me I would have known what the h*ll she was talking about and my then-girlfriend may have been better prepared to continue with the therapy than she was at that time. A highly informative book that is better presented than most and written by someone that knows their stuff. Recommended.

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