



Cognitive Behavioural Therapy (CBT): Your Toolkit to Modify Mood, Overcome Obstructions and Improve Your Life

Elaine Iljon Foreman, Clair Pollard

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Cognitive behavioral therapy (CBT) is a simple, effective treatment that will help you to change how you think and act and how you see yourself.

You can overcome fears, manage negative moods, put worries into perspective, and improve your enjoyment of life. With guidance from two CBT experts, you'll recognize the behaviors and thoughts that hold you back, and will develop skills to think more positively, act more calmly and feel better about yourself.

This book will equip you with the same tools used by CBT practitioners. It is full of activities and experiments to explore and challenge, stories and exercises to provide perspective, and a clear framework to encourage and guide you.

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