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Rhena Branch,Rob Willson



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Cognitive Behavioural Therapy for Dummies Rob Willson,Rhena Branch,2009-09-03 We all have aspects of ourselves that we would like to change but many of us believe that a leopard can t change its spots if that s you stop there Cognitive Behavioural Therapy for Dummies will help identify unhealthy modes of thinking such as a leopard can t change it s spots that have been holding you back from the changes you want CBT can help whether you re seeking to overcome anxiety and depression boost self esteem lose weight beat addiction or simply improve your outlook in your professional and personal life

CBT For Dummies Collection - Cognitive Behavioural Therapy For Dummies, 2nd Edition/Mindfulness-Based Cognitive Therapy For Dummies Rhena Branch,Rob Willson,Patrizia Collard,2015-02-02 Two books on getting to know two very popular and powerful self help theory techniques The CBT For Dummies Collection includes Cognitive Behavioural Therapy For Dummies 2nd Edition and Mindfulness Based Cognitive Therapy For Dummies With indispensable advice on

finding your way out of the debilitating maze of negative thoughts and actions Cognitive Behavioural Therapy For Dummies 2nd Edition is brimming with invaluable suggestions that will have even a confirmed pessimist well armed for the journey forward Mindfulness Based Cognitive Therapy For Dummies takes you through the eight week MBCT course using the principles of mindfulness to complement established CBT techniques Discover the tools to learn to forget about the past and concentrate on the present to build a happy tomorrow Cognitive Behavioural Therapy For Dummies Rob Willson, Rhena Branch, 2019-12-05 Retrain your thinking and your life with these simple scientifically proven techniques Cognitive behavioural therapy or CBT for short is often cited as the gold standard of psychotherapy Its techniques allow you to identify the negative thought processes that hold you back and exchange them for new productive ones that can change your life CBT's popularity continues to grow and more individuals are turning to CBT as a way to help develop a healthier more productive outlook on life Cognitive Behavioural Therapy For Dummies shows you how you can easily incorporate the techniques of CBT into your day to day life and produce tangible results You'll learn how to take your negative thoughts to boot camp and retrain them establishing new habits that tackle your toxic thoughts and retool your awareness allowing you to be free of the weight of past negative thinking biases Move on Take a fresh look at your past and maybe even overcome it Mellow out Relax yourself through techniques that reduce anger and stress Lighten up Read practical advice on healthy attitudes for living and ways to nourish optimism Look again Discover how to overcome low self esteem and body image issues Whatever the issue don't let your negative thoughts have the last say start developing your new outlook on life today with help from Cognitive Behavioural Therapy For Dummies Cognitive Behavioural Therapy For Dummies, UK Edition Rhena Branch, Rob Willson, 2011-05-23 Learn to identify and tackle toxic thought patterns Banish the behaviours that hold you back Reassess your past and address the present to achieve a happier healthier life Enhance your outlook and develop new ways of thinking Cognitive Behavioural Therapy focuses on how you react to a situation encouraging you to create new thought patterns to combat destructive beliefs and actions This edition of the bestselling guide to CBT helps you identify the negative modes of thinking that have been holding you back and shows you how to assess and combat them Whether you want to rise above anxiety or depression boost your self esteem or simply improve your overall outlook the building blocks for a happier life are right here Read the signs learn to explore your emotions and spot errors in your thinking Maintain your mind use psychological gardening to weed away negative thoughts and watch your positivity bloom Set the goalposts of success train your sights on achievable tasks and look forward to the future Don't be afraid discover how to control your anxiety and learn to face your fears Don't be put off by the title this is one of the most comprehensive guides to CBT The Sunday Times Open the book and find Techniques to refocus and retrain your awareness Why some solutions are actually causing you problems Ways to get rid of unhealthy guilt The benefits of loosening your grip on control Ways to maintain and strengthen positive beliefs Guidance on accepting your past and enjoying the present How to lighten up and enjoy life

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