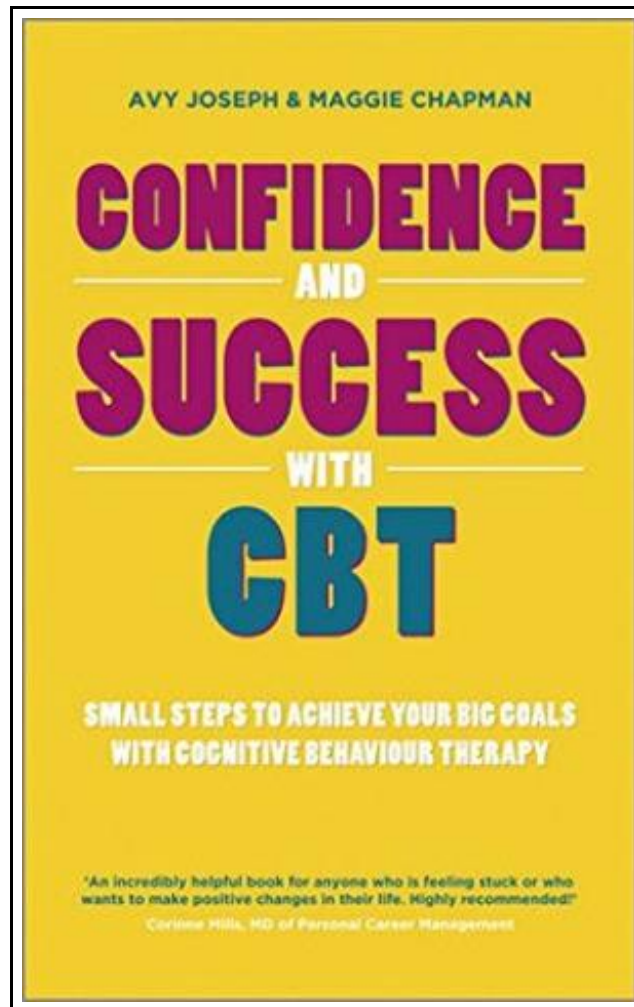


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CONFIDENCE AND SUCCESS WITH CBT: SMALL STEPS TO ACHIEVE YOUR BIG GOALS WITH COGNITIVE BEHAVIOUR THERAPY



John Wiley and Sons Ltd. Paperback. Book Condition: new. BRAND NEW, Confidence and Success with CBT: Small Steps to Achieve Your Big Goals with Cognitive Behaviour Therapy, Avy Joseph, Simple, effective techniques for developing a healthier attitude toward life and finding the confidence you need to achieve your goals Offering simple, time-tested techniques for zeroing in on and rewriting negative, self-destructive patterns of thought and behavior that a person can acquire over a lifetime, cognitive behavioral therapy (CBT) is a powerful therapeutic approach that has been proven to be highly effective in helping overcome an array of psychological and behavioral problems, from eating disorders and drug addiction to low self-esteem and phobias. Written by one of the world's most recognized CBT therapist teams, this book focuses on one of the greatest barriers to happiness and success at work and in life: lack of confidence. * Powerful CBT techniques for becoming more confident, motivated and persuasive and for mastering anxiety and low self-esteem * Comprehensive in scope this guide to CBT fundamentals makes an ideal handbook for people interested in implementing CBT techniques in their personal and professional lives, as well as therapists * Packed with tips and suggestions for using CBT techniques to improve your everyday life, it helps you identify and "unlearn" unhealthy thoughts and behaviors in order to achieve lasting results * Bestselling self-help authors Joseph and Chapman run a world-famous psychological wellness center in London.

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