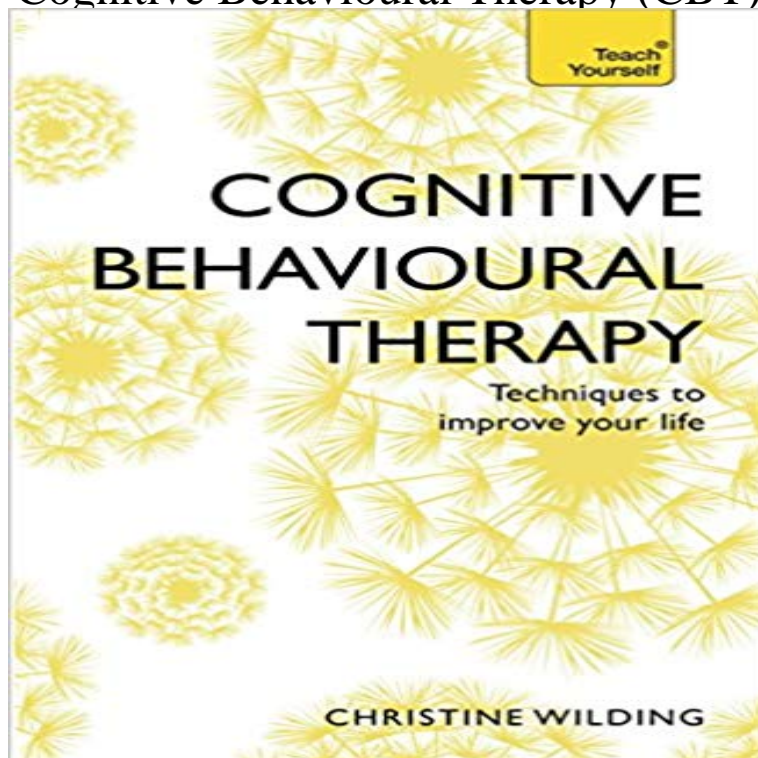


Cognitive Behavioural Therapy (CBT): Teach Yourself



Cognitive Behavioural Therapy is now hugely popular as a self-help technique that has helped millions of people in the UK alone, and as an NHS-funded treatment for illnesses like depression. It is recommended by healthcare professionals for the treatment of issues from anxiety and eating disorders to stress and anger management. This practical primer shows you how you can apply CBT techniques in your life and focus on using altered patterns of thinking to achieve goals and overcome problems. It explains what CBT is, how you can use it, and provides detailed examples which show you how to be more assertive, raise your self-esteem and transform your mentality - becoming happier and more positive in the process. Updated to cover the growth of third wave approaches to behavioural therapy, including mindfulness, the new edition of this classic book will help turn your life around.

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