

Teach Yourself: Cognitive Behavioural Therapy was one of the first and most successful books on CBT. This new edition shows how CBT techniques, which focus on using altered patterns of thinking to achieve goals and overcome problems, can make a major difference to your mentality. The first half of the book explains the background to CBT, what it is, and how to use it. The second half of the book gives examples of how you can use CBT to deal with specific issues, such as helping to overcome depression and anxiety, and boosting your mindfulness, resilience, assertiveness and self-esteem.

My Lady of the North: The Love Story of a Gray Jacket, Batman Tech: The Explosive Reality Behind Dark Knight Gadgetry (DC Super Heroes:), Windburn (The Elemental Series) (Volume 4), Vampire Blade (Vampire Origins Book 2), Grass Roots Publisher: Harper,

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