



Cognitive Behavioural Therapy For Dummies

Rhena Branch, Rob Willson

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An updated edition of the bestselling guide on reprogramming one's negative thoughts and behaviour

Once the province of mental health professionals, CBT (or Cognitive Behavioural Therapy) has gained wide acceptance as the treatment of choice for anyone looking to overcome anxiety, manage anger, beat an addiction, lose weight or simply gain a new outlook on life. Written by two CBT therapists, this bestselling guide helps you apply the principles of CBT in your everyday life-allowing you to spot errors in your thinking; tackle toxic thoughts; refocus and retrain your awareness; and finally, stand up to and become free of the fear, depression, anger, and obsessions that have been plaguing you.

- Includes tips on establishing ten healthy attitudes for living as well as ten ways to lighten up
- Helps you chart a path by defining problems and setting goals
- Offers advice on taking a fresh look at your past, overcoming any obstacles to progress as well as ways to maintain your CBT gains
- Includes new and refreshed content, including chapters on how to beat an addiction and overcome body image issues

With indispensable advice on finding your way out of the debilitating maze of negative thoughts and actions, the book is brimming with invaluable suggestions that will have even a confirmed pessimist well armed for the journey forward.

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