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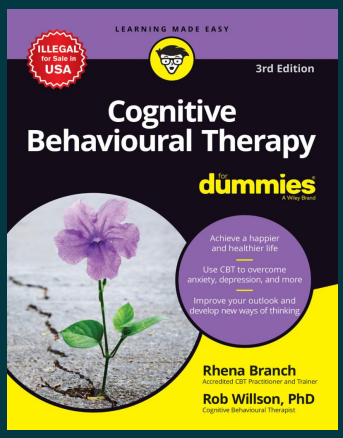

Cognitive Behavioural Therapy for Dummies, 3ed

By Rob Willson, Rhena Branch

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Description

Cognitive Behavioural Therapy For Dummies, 3rd Edition will help readers identify negative and unhealthy patterns of thinking which have been holding them back from the changes they want. CBT can help readers overcome anxiety and depression, boost self-esteem, lose weight, manage anger, beat addiction or simply improve their outlook in both their professional and personal lives. The straightforward and practical advice will help readers apply CBT principles to their own lives, whatever issues they'd like to work on.

About the Author

Rob Willson, Rhena Branch

"Dr. Rob Willson, PhD is a cognitive behavior therapist based in North London. He currently divides the majority of his work time between seeing patients, conducting research, writing and teaching. He is currently the chair Body Dysmorphic Disorder (BDD) Foundation, the world's first charity exclusively devoted to BDD. His main clinical interests are anxiety and obsessional problems, and disseminating CBT principles through self-help.

Rhena Branch is a BABCP accredited CBT practitioner, supervisor and trainer. She has been treating clients and training students for over 15 years. In that time she has had the pleasure of teaching hundreds of CBT trainees. She has authored several books on the subject and contributed to newspaper articles. Rhena currently is a lecturer at the University of East Anglia.
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