



The Temperament and Cognitive-Behavioral Workbook (Paperback)

By Dr James Scott Jr

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. The purpose of this workbook is to provide you with a helpful tool for developing your self- and other- awareness by equipping you with insights from an integration of Temperament Therapy and Cognitive-Behavioral Therapy. This workbook is NOT a replacement for clinical therapy, but a tool to use while working with a competent and skilled therapist, or for using on your own for basic personal development.



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