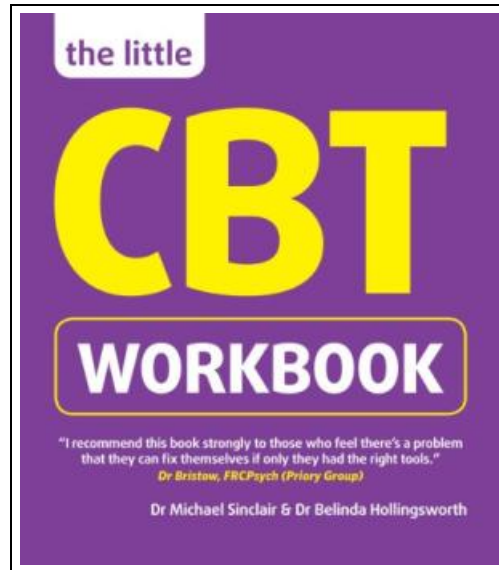


## The Little CBT Workbook (Paperback)



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**(Dr. Nikolas Mayer)**

## THE LITTLE CBT WORKBOOK (PAPERBACK)



Crimson Publishing, United Kingdom, 2012. Paperback. Condition: New. UK ed.. Language: English . Brand New Book. Cognitive Behavioural Therapy made practical. The Little CBT Workbook is a portable workbook introducing essential CBT techniques you can use to improve your wellbeing today. Filled with exercises, checklists and learning points, The Little CBT Workbook enables you to explore key CBT principles and discover how to apply them to your day-to-day life. As an interactive introduction to CBT, The Little CBT Workbook is easy to understand and gives a complete overview of CBT, suitable for self-teaching or to supplement a course of counselling - or to provide a head start for those on CBT waiting lists. Authored by practising CBT specialists whose expertise is regularly cited in media from City AM and Management Today to The Times and Daily Mail, The Little CBT Workbook helps you identify how you think about yourself, the world and other people, as well as understand how what you do affects your thoughts and feelings. Learn how to: Spot negative thinking Chart your emotions Set wellbeing goals Combat anxiety and stress Remove roadblocks to progress Establish new core beliefs Through step-by-step CBT exercises, goal-oriented summaries and action points, you can refocus your awareness and overcome fear, depression, anger, insomnia, stuttering and other issues which have been generating negative emotions and hindering your positive outlook on life. Understand how your thoughts may be affecting you and, crucially, learn how to change your mood and improve your ability to cope with feared or uncomfortable situations. The Little CBT Workbook enables you to become more familiar with the benefits of CBT, but also ensures you have the insight, tools and confidence to apply it to your own situation and put into practice wellness behaviours today.



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