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Cognitive Behavioral Therapy - CBT: The Basics and Beyond (Cognitive Behavior Therapy 1) (Volume 1)

Rebeca Franks

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Individuals then challenge these thought processes, changing their behaviors through various methods.

Although CBT may not cure all conditions or make unpleasant situations disappear, it does provide individuals with the power to face their thoughts and behaviors in a healthier, more balanced way. Skills learned in therapy are meant to assist an individual long-term, as they continually improve. Offered through a variety of methods and forms, CBT is one of the most respected and recommended therapies offered today.

Through this book, you will better understand CBT and how it has helped millions recover from a wide range of disorders and conditions, providing a more positive future and improving their overall well-being.

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