

(Free read ebook) Change Your Life with CBT: How Cognitive Behavioural Therapy Can Transform Your Life

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Corinne Sweet : Change Your Life with CBT: How Cognitive Behavioural Therapy Can Transform Your Life before purchasing it in order to gauge whether or not it would be worth my time, and all praised Change Your Life with CBT: How Cognitive Behavioural Therapy Can Transform Your Life:

1 of 1 people found the following review helpful. INCREDIBLE book. Period. By Chris V. Wow, I can't believe there is not one review of this book yet. If you have this book, please review it. If you do not have it, buy it. Or at least check out the sample as soon as possible. Trust me. This is hands down the best book on CBT for clients I have ever seen, and I've gone read many. The information is laid out in a coherent, easy to follow format and the author lays everything out in an extremely practical way that you can start applying right away. The information in this book has already begun changing my life for the better. It allows me to challenge my assumptions and be happier and more effective in a day to day basis. It's an absolute must-read. This goes up with the top two books I have ever read, the second being The Mood Cure by Julia Ross. CBT has stood the test of science time and time again and is considered the gold standard for evidence based therapies that actually work. And this book is complete and comprehensive overview of that philosophy. Great book.

Cognitive Behavioural Therapy has already helped millions of people overcome their issues and move their life forward — now it can really help you too. In this busy, demanding and often stressful modern world, it's

a struggle to find time to even think about what your dreams and goals might be, let alone work towards actually realising them. It's so easy to get stuck in a routine, to opt for the easy answers, to feel a lack of inspiration and motivation and then wind up feeling anxious and depressed. Far from being an exciting or invigorating prospect, the mere idea of changing anything about your life soon seems hard work, scary and something to be avoided. But your life really can be better than it is now - you just need to learn how to really believe it can. Cognitive Behavioural Therapy, or CBT, can lend a hand. It will help you change the way you think and feel about yourself, about others and about the world around. As you begin to feel more positive, more motivated and more confident you'll soon begin to realise that your future is fully in your control. The scientifically-proven techniques of CBT are a powerful force to harness. Written by a leading psychologist, *Change Your Life with CBT* will deliver these tried and tested tools in an accessible package full of exercises, examples and practical advice and guidance. So if you're feeling that your life has got stuck in first gear, or even stuck in reverse, and if you believe that the main thing holding you back is probably yourself, *Change Your Life with CBT* can help you overcome your barriers and start to achieve your goals at home, at work and throughout your whole life.

From the Back Cover