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Descrizione fisica	1 online resource (1 volume) : illustrations
Collana	Brilliant
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Nota di bibliografia	Includes bibliographical references and index.
Sommario/riassunto	CBT -- what it is, how it works, and how to use it. Cognitive behavioural therapy (or CBT) delivers powerful tools you can put to work to dramatically improve your life. In this book, psychologist Dr Stephen Briers clearly explains how CBT works, gives you plenty of exercises to help put the theory into practice and reveals its effectiveness through stories from people, just like you, who have used CBT to turn their lives around. Understand what CBT is, its methods and models Put CBT to work to improve your mind and your life Build practical, step-by-step strategies for tackling any problem Learn how to overcome addiction and other destructive habits