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Sommario/riassunto	"Cognitive behavioral therapy (CBT) is a powerful and evidence-based treatment for several mental health disorders. However, there are no simple learning guides covering CBT: what it is, how it works, and how to implement it in session. In CBT Made Simple, two psychologists and experts in CBT offer mental health professionals the ultimate "how-to" guide. This fully revised and updated second edition includes the core components of CBT-core beliefs, intermediate beliefs, and behavioral experiments-to make this the most comprehensive and practical CBT manual available"--