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Sommario/riassunto	Cognitive therapy, a core approach within a collection of psychotherapeutic techniques known as cognitive behavioral therapy (CBT), is fundamentally about changing peoples' thoughts-helping them overcome difficulties by recognizing and changing dysfunctional thinking styles. Among other strategies, it requires encouraging the development of skills for rehearsing new habits of thought, modifying biases in judging and interpreting social and emotional information, and for testing assumptions underlying dysfunctional and negative, distorted thinking. In How and Why Thoughts Change, Dr. Ian Evans