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Sommario/riassunto

Cognitive-behavioural therapy (CBT) has been extensively researched and shown to be solidly underpinned by evidence. Broadly applicable across a wide range of personal and social problems - from depression and phobias to child behavioural problems - it is only now beginning to be used to its full potential in health and social care practice. This second edition of Cognitive-Behavioural Therapy is comprehensively revised and updated. It takes into account the significant amount of new research in the discipline, and integrates theory, research and practice. The text includes p
