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Sommario/riassunto	Practicing Positive CBT: From Reducing Distress to Building Success reveals a new therapeutic approach that combines traditional CBT with Positive Psychology and Solution-Focused Brief Therapy. By shifting the focus of therapy from what is wrong with clients to what is right with them and from what is not working to what is, Positive CBT creates a more optimistic process that empowers clients and therapists to flourish. Increases client motivation and collaboration; allows therapeutic outcomes to be achieved in shorter timeframes and in a more cost-effective way. Covers theory and applications, and provides a wide range of stories, exercises and case studies. The author has a uniquely broad knowledge and experience as a therapist and trainer of CBT, PP, and SFBT