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**Sommario/riassunto**

'A clear, rigorous account of cognitive behavioural methods for treating depression.' - British Journal of Psychiatry The use of behavioural and cognitive techniques for treating depression has yielded exciting results. Cognitive Behaviour Therapy (CBT) is as effective in the short term as anti-depressant drugs and has longer-lasting effects than medication. This book brings together assessment and treatment techniques of proven efficacy, describing them in usable detail and setting them in the context of current psychological theories of depression. It is an invaluable guide to

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