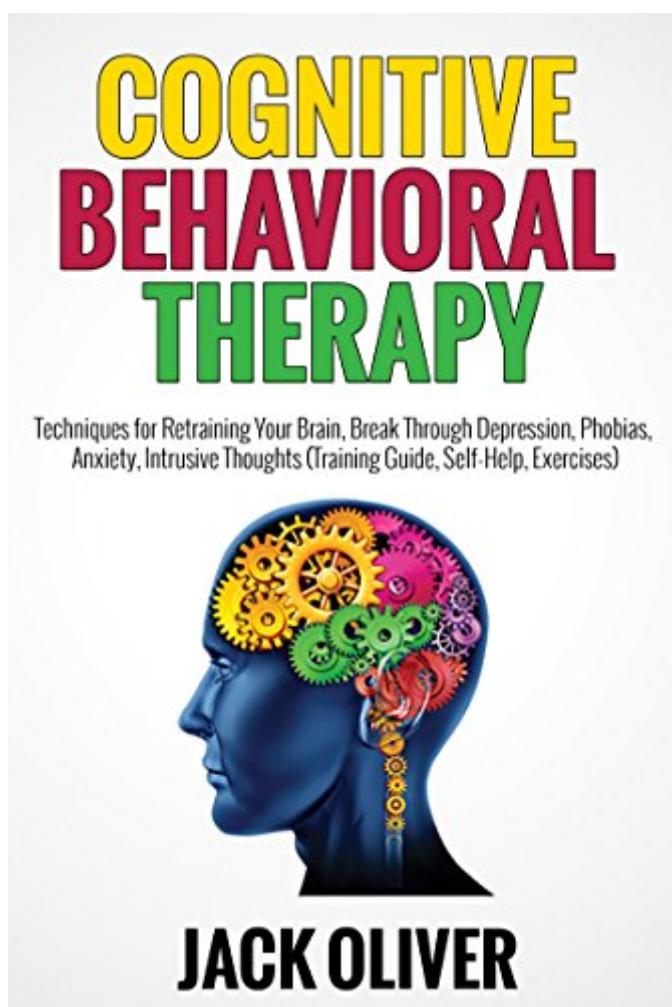


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# **Cognitive Behavioral Therapy: Techniques For Retraining Your Brain, Break Through Depression, Phobias, Anxiety, Intrusive Thoughts (Training Guide, Self-Help, Exercises)**





## Synopsis

Change Your Internal State! This book is the result of many years of research and clinical practice. Paying tribute to the contribution of individuals, I suppose also that in itself cognitive therapy is a reflection of the changes that have for many years taken place in the field of behavioral sciences and only took shape in the leading trend in recent years. However, we can't accurately assess the role played by the so-called "cognitive revolution in psychology" in the development of cognitive therapy. Inside you'll find: Cognitive-Behavioral Therapy: 1. History 2. Theory Variety of Cognitive Therapy: 1. Rational-Emotive Therapy 2. Cognitive Therapy 3. Training Self-Instruction 4. Therapy Methods Hide Simulation 5. Coping Skills Training 6. Anxiety Control Training 7. Treatment Methods of Solving Problems 8. Resume Cognitive Therapy of Aaron Beck: 1. The Methods of Cognitive Therapy 2. Cognitive Therapy Technique Cognitive-Behavioral EXERCISES: 1. Anxiety Treatment: Cognitive-Behavioral Therapy 2. Exercises to Overcome Fear 3. Exercises to Relieve Stress 4. Exercises Based on Techniques of Psych Synthesis, Assagioli developed.. 5. Exercise Emergency Psychological Self-Help ("The mental dialogue with the mirror"). 6. Exercise for "Recharging Cyanogenic Dominant" (therapeutic and supportive exercise applied after the "coding"). P.S. You need to be patient, to go the way of healing with maximum efficiency. Tags: Training, Techniques, Course, Self-Help, Online, Books, Anxiety, Depression, Cure, Insomnia, Phobias, Intrusive Thoughts, CBT, Cognitive Behavioural Therapy, Your Stress-Free Life. NOW Scroll Up and click "Buy now with 1-click"

## Book Information

File Size: 1339 KB

Print Length: 56 pages

Page Numbers Source ISBN: 1537144073

Publication Date: May 5, 2017

Sold by: Digital Services LLC

Language: English

ASIN: B071NQJWFB

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #262,152 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #20  
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## **Customer Reviews**

Insightful and a good resource to learn varied CBT techniques for self improvement; recognizing cognitive problems that needs to be addressed and resolved. The techniques mentioned are: rational emotive therapy, cognitive therapy of Aaron Beck, treatment methods of solving problems, coping skills training, therapy method hide simulation, anxiety control training, etc. The book has a straightforward approach of explaining the topic to get the core of the concept.

My research is all about Cognitive Behaviour of a person, it is quite hard to research and it is difficult to find reliable sources and I'm so thankful that Jack Oliver provided me his research about Cognitive Behavioral Therapy. There are a lot of variety in choosing which therapy that will suit you, if a rational emotive therapy would help you, it does not guarantee that this is also effective to other people.

That was indeed a very educational read for me with lots of ideas to re-think and introduce to my life in order to improve its quality. The exercises mentioned do not require a lot of effort, yet they bring so many benefits, it's just amazing. I would surely recommend this book to someone interested in self-help.

Classic must have for anyone interested in CBT. I'm a therapist working with severe and persistent any mental illness including psychosis and I recommend this book often. This book is a great guide to practicing and learning

Looking up increase my mental horsepower and by jove I've done it. Well written book with clear tips to learn and comprehend knowledge better. If only I had this in graduate school, or in elementary school actually.

Cognitive Behavioral therapy is an excellent way of soothing depression and anxiety. This book has

helped me recognize the symptoms and given me a clear idea of the help i could give to those who need it.I am glad i got to read this book as i have been able to add to my knowledge through it.

Appears the author was just rushing to get this out. The language is horrible, with excessive errors. Text is not always understandable. Wondering if this was a copy and paste job. There is no flow to the material.

It was easy to follow. The instructions were simple and explained to make it so. If followed you see. Just how. It can be done.

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