

## Stop Worrying: Get Your Life Back on Track with CBT (2nd Revised edition)



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### ***Reviews***

*It is great and fantastic. Better then never, though i am quite late in start reading this one. Your life period will likely be transform once you comprehensive reading this book.*

***(Blanca Davis)***

## STOP WORRYING: GET YOUR LIFE BACK ON TRACK WITH CBT (2ND REVISED EDITION)

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Open University Press. Paperback. Book Condition: new. BRAND NEW, Stop Worrying: Get Your Life Back on Track with CBT (2nd Revised edition), Ad Kerkhof, "It's a book which sets realistic goals, has a down-to-earth approach and is genuinely useful." Claudia Hammond, broadcaster, writer and academic psychologist. "Very simple and practical" Professor Geoff Beattie, University of Manchester and resident Big Brother psychologist "The method described is really excellent! Besides having a sound basis in CBT (Cognitive Behavioural Therapy) it instils hope and motivates intentions to change." Bela BUDA, M.D - Psychiatrist, Budapest, Hungary "This book is a well thought-out combination of cognitive therapy and mindful techniques. It is a practical book with useful step-by-step exercises. It contains an excellent analysis of the common causes of worry and methods for overcoming it." Dr Steven Melemis, author of I Want To Change My Life We all worry about things - some of us even worry about the fact that we are worrying. This practical book will help you to put your fears into perspective and teach you to cope with stressful situations. Using Cognitive Behavioural Therapy (CBT) exercises to understand the nature and seriousness of your worrying, Kerkhof shows you how to stop the cycle of worrying. By spending 15 minutes, twice a day, you will learn to take control of your repetitive thoughts. By integrating humour into the exercises, Kerkhof encourages you to face and deal with your worries. Supporting and offering advice to worriers, as well as their family and friends, this book also provides guidance for professionals who work in mental health, especially those who recommend self-help to their clients. Other contributors: Saida Akhnikh, Anneke Koopman, Maarten van der Linde, Marleen Stam and Elvan Tutkun were doctoral students in clinical psychology at the VU University of Amsterdam where they carried...



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