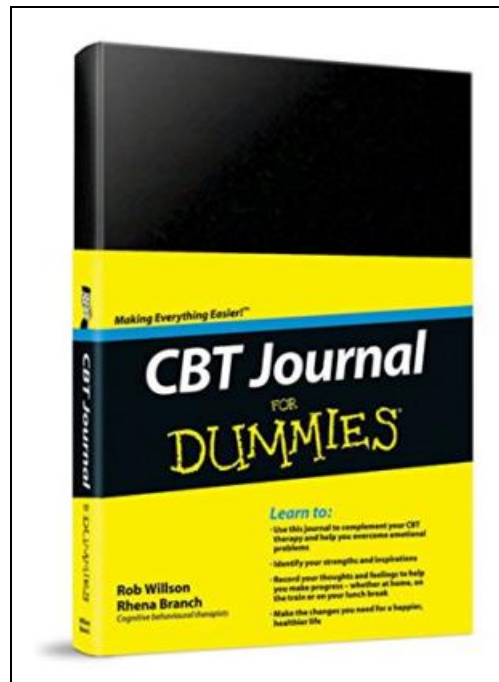


CBT Journal For Dummies (Hardback)



Filesize: 2.07 MB

Reviews

It is an awesome book that we have possibly go through. It is actually writter in straightforward words and phrases and not confusing. It is extremely difficult to leave it before concluding, once you begin to read the book.
(Tierra Kunde)

CBT JOURNAL FOR DUMMIES (HARDBACK)



John Wiley & Sons Inc, United States, 2012. Hardback. Condition: New. 1. Auflage. Language: English. Brand new Book. Keep track of the progress you're making with Cognitive Behavioural Therapy Cognitive Behavioural Therapy (CBT) is a hugely popular self-help technique that teaches you how to break free from destructive or negative behaviours and make positive changes to both your thoughts and your actions. CBT Journal For Dummies offers a guided space for you to keep a record of your progress, used in conjunction with either CBT For Dummies and/or alongside consultation with a therapist. This book features an introduction to CBT, followed by a guided 100-day journal. Each chapter focuses on a new CBT technique, with information on how to use the journal space and assessment advice. Topics covered include; establishing the link between thoughts and feelings; preventing 'all or nothing' thinking; turning mountains into molehills; focusing on the present; using emotional reasoning; avoiding over-generalising; thinking flexibly; keeping an open mind; assessing the positives; coping with frustration; tackling toxic thoughts; naming your emotions; comparing healthy and unhealthy emotions; working through worry; defining your core beliefs; adopting positive principles; and much more.* Has a removable band, leaving a discreet black journal * The small trim size makes it perfect to use on the go * A CBT 'thought for the day' appears on alternate blank pages * Content is progressive, encouraging you to keep working through the following days * Coverage is generalized enough to be applicable to every user of CBT If you've already purchased a copy of CBT For Dummies or CBT Workbook For Dummies, or are just looking for a practical new tool to develop your thinking, CBT Journal For Dummies is your one-stop guide to keeping track of your post-session homework.



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