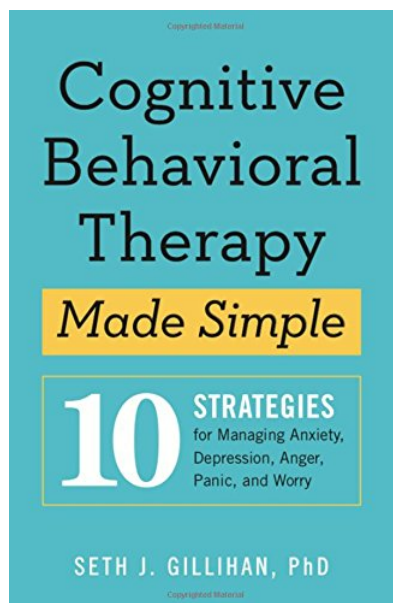


# 1KKGg [Free PDF File] Cognitive Behavioral Therapy Made Simple: 10 Strategies for Managing Anxiety, Depression, Anger, Panic, and Worry



**CONTINUE ►**

In his new book, the author of the bestselling *Retrain Your Brain: Cognitive Behavioral Therapy in 7 Days* delivers 10 easy, yet essential strategies for applying CBT to everyday issues with *Cognitive Behavioral Therapy Made Simple*. Cognitive behavioral therapy is a proven form of psychotherapy that is often the first-line of treatment recommended for managing depression, anxiety, worry, and other common issues. *Cognitive Behavioral Therapy Made Simple* delivers a simplified approach to learning the most essential parts of cognitive behavioral therapy and applying them to your life. Written by licensed psychologist and bestselling author Seth Gillihan, *Cognitive Behavioral Therapy Made Simple* replaces workbook pages and technical language with quick and highly accessible cognitive behavioral therapy strategies that can be used on an as-needed basis. Presented with simple and straightforward language, *Cognitive Behavioral Therapy Made Simple* encourages readers to succeed with: Practical explanations of 10 essential CBT principles--such as challenging negative thought patterns, behavioral activation, and overcoming procrastination--organized in a similar structure to in-person cognitive behavioral therapy. Supportive guidance for creating goals and outlining strategies to help yourself meet them. Helpful self-evaluation sections to help you track your progress and reflect on what you've learned using cognitive behavioral therapy. For people who are interested in realizing the proven benefits of CBT, *Cognitive Behavioral Therapy Made Simple* is a vital resource that will promote personal growth as you overcome challenges and improve your wellbeing.

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