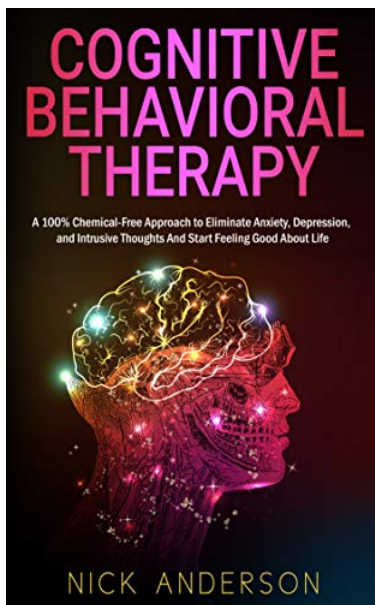


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Is medication the only way to treat Phobias, Depression, Anxiety, Post-traumatic stress or other such concerns? Do you always need outside pharmaceutical assistance to treat your deep inner problems? No. Medication is not the solution always and some people don't even like getting treated that way. There is a better way – treatment from INSIDE to Outside. And Cognitive Behavioral Therapy (CBT) is the way to go, as it heals and strengthens you from inside to outside. CBT helps you separate your FEELINGS from your THOUGHTS, focus on what matters, look at the bigger picture, and empower you design a better life. Are you looking for a solution without triggering any chemical reactions in your brain through anti-depressants, sleeping pills and others? To give you a holistic perspective, here is your essential guide to a happier and fuller life: Cognitive Behavioral Therapy: A 100% Chemical-Free Approach to Eliminate Anxiety, Depression, and Intrusive Thoughts And Start Feeling Good About Life. Here is what you'll discover in this short but effective book: Learn undergoing CBT without any supervision of psychiatrist or psychologist by using "Personal CBT" Why CBT doesn't

necessarily have to be pharmaceutical assisted therapy and how you can reap the benefits of 100% chemical-free personal CBT. Get out of the emotional rollercoaster by rightly perceiving the stimuli and transforming your thinking, behavior and actions. Understand why CBT is an internal transformation process and not any hypnosis, wishful thinking or simply regurgitation of any law of attraction principles. Understand how Practical CBT Works- follow Do It Yourself (DIY) approach. Take honest assessment of how you believe about yourself and learn how to take charge of transformation and ownership of your beliefs. How you can choose 'Empowering' alternatives and start building a distance you're your anxiety, depression or phobias. How to start thinking like a 'Director' of your life or a 'Programmer' re-coding your brain software. Master the most effective practices for Optimal CBT Results in shortest possible time. Cognitive Behavioral Therapy is your Practical Guide to Mental and Emotional Freedom. You too can get out of the self-imposed sentence of stress, anxiety, depression, phobias or any other mental problems. You too can master the skill of happiness, which is trainable and attainable. Take Your First Step To Get Rid of Your Mental Problems and March Forward On A Path to Happiness, Joy and A Fulfilled Life.

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