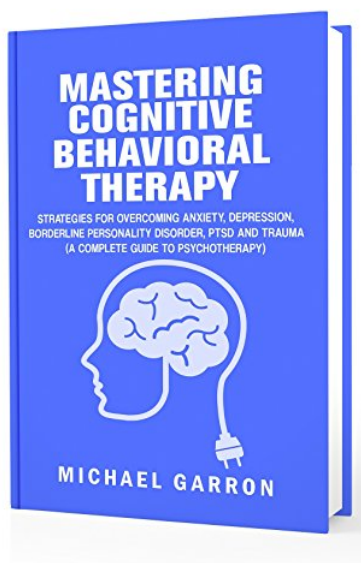


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Cognitive psychology is a study that focuses on how the human brain works. It concentrates on what inspires people to act in certain ways and behave. Instead of looking at the events surrounding what may cause a person to act in certain ways, cognitive psychology looks into what causes the mind to act as it does. This is about how people associate certain concepts with different values or ideas that they might hold. Through the use of cognitive behavioral therapy, people can find ways to keep their mental faculties in check. This includes understanding what can be done to resolve problems and issues in one's life. This guide explains how cognitive behavioral therapy can be utilized to control fears, depression, anger, and other common problems that may persist in one's life. With cognitive psychology, people can do more with their lives and know what they can do to manage their attitudes.

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