



Cognitive Behavioral Therapy: A Fascinating Treatment for Anxiety, Depression, and Disorder (Cognitive Behavior Therapy - CBT - Depression - Behaviour - Behavior - Disorders - Anxiety Book 1)

Sally Bennett

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Cognitive Behavioral Therapy: A Fascinating Treatment for Anxiety, Depression, and Disorder

Are you tired of letting anxiety steal your joy, sap your energy, and control your life? Imagine how it would feel to be free from anxiety and to be in complete control of your emotions.

In this delightful book, Sally Bennett offers a remarkably thoughtful, friendly, and practical guide to achieving the kind of emotional power, control, and inner calm that most people spend a lifetime only wishing for.

In these pages you will learn:

- What Cognitive Behavioral Therapy (CBT) is
- How CBT works
- Who can benefit from CBT
- How to catch automatic negative thoughts in the act
- How to apply the Socratic method to refute automatic negative thoughts
- How to record and analyze automatic negative thoughts
- How to manage fear
- How to visualize the positive instead of the negative
- How to harness the power of positive affirmations

Don't passively wait for anxiety to just magically disappear. Take control and download this book now!

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