



## Be Your Own CBT Therapist: Teach Yourself

By Windy Dryden

Hodder & Stoughton General Division. Paperback. Book Condition: new. BRAND NEW, Be Your Own CBT Therapist: Teach Yourself, Windy Dryden, By changing and challenging your negative thoughts, you can free yourself from depression, anxiety and guilt, and embrace a happier, healthier way of life. Windy Dryden, one of the UK's leading practitioners of Behavioural Therapy, will show you how the techniques of Rational Emotive Behaviour Therapy can not only beat the thought patterns that lead to low mood and emotional distress but will also help you to develop a more balanced way of life and give you a resilient, focused attitude towards overcoming obstacles and coping with daily challenges.



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