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COGNITIVE BEHAVIOURAL THERAPY (CBT): YOUR TOOLKIT TO MODIFY MOOD, OVERCOME OBSTRUCTIONS AND IMPROVE YOUR LIFE



Icon Books Ltd, United Kingdom, 2016. Paperback. Book Condition: New. 198 x 129 mm. Language: English . Brand New Book. Change can often seem like an impossible task, but this practical book will help you put it into perspective. With guidance from two experts, you ll recognise the behaviours and thoughts that hold you back, and will develop skills to think more positively, act more calmly and feel better about yourself. Using the same tools employed by CBT practitioners, this

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- · Authored by Elaine Iljon Foreman, Clair Pollard
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