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# Cognitive Behavioral Therapy (CBT): Easy Self Help Guide: Simple Steps To Conquer Anxiety, Depression, Phobias, Addictions, Negative Thoughts, Eating Disorders And Other Psychological Conditions

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EASY SELF HELP GUIDE

SIMPLE STEPS TO CONQUER ANXIETY,  
DEPRESSION, PHOBIAS, ADDICTIONS,  
NEGATIVE THOUGHTS, EATING DISORDERS  
AND OTHER PSYCHOLOGICAL CONDITIONS



## Synopsis

Do you suffer from anxiety or depression? Do you have irrational phobias or thought-patterns that are holding you back? Do you suffer from addiction, an eating disorder, or other psychological issues? If you answered yes to any of these questions, this book may have the answers you've been looking for! This easy self-help guide will help you use a psychological technique called cognitive behavioral therapy. You'll better understand exactly what is causing your destructive psychological issues and more importantly, you'll have a concrete action plan that you can use to help you make real changes in your life starting today! A practical self-help guide This is not an academic textbook full of theories dreamed up by some ivory tower professor. This is a book for the trenches of real life. Although by the end of the book you will have a solid understanding of what CBT is and how it works, academic education in the subject matter is not the goal. The goal is to take the reader from understanding to action by providing simple steps that anyone can use to begin applying CBT to their most difficult problems, including depression, anxiety, addiction, phobias, negative thinking, procrastination, and a variety of other self-destructive psychological issues that millions of people suffer from worldwide. Break free from what holds you back! Grab this book today and learn: What Is Cognitive Behavioral Therapy? How Does CBT Actually Work? Does CBT Work? What CBT Can Treat Using CBT For Depression Managing Anxiety With CBT CBT Strategies for Addiction Choosing The Right Therapist Limitations and Criticisms of CBT And much more! The ultimate how-to self help guide for using cognitive behavioral therapy Everyone deserves to be happy and to pursue the things they want in life without being held back by recurring psychological issues. It's time to face head-on what is holding you back in life. This book can help, guaranteed or your money back. Grab this proven how to guide today and make a small investment in yourself, your well-being, and your future success that will pay off exponentially within a matter of weeks or even just days!

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## Customer Reviews

This is down-to-Earth guide geared towards helping you make some real changes in your life. For me, the strategies the author talked about were exactly what I needed to hear. I've started implementing some of the CBT techniques I learned in this book and I can already notice a difference in the way I'm thinking and feeling about certain challenges I've been experiencing. I don't think this book is a complete solution to every psychological problem, but it is a HUGE step towards lasting mental health improvements. If you can't afford to see a therapist or, like me, you just don't have the time, this book can be a great alternative to get you moving in the right direction and to give you a framework that you can use again and again to help you through difficult periods in your life. Highly recommended!

This is an amazing book and fully loaded with tons of easy self-help guides. Actually, I was interested to know more about cognitive behavioral therapy and for that why I caught this book a few weeks ago. The last few months I was suffering from anxiety and depression problem. I had some eating and sleeping disorders. My close friend recommended this Cognitive Behavioral Therapy (CBT): Easy Self Help Guide: Simple Steps To Conquer Anxiety, Depression, Phobias, Addictions, Negative Thoughts, Eating Disorders And Other Psychological Conditions book and also told me about the quality of this book. By reading this book I have learned a psychological technique called CBT. This book helped me understand about how this technique actually works, what it can treat, and much more. This book also guided me about how to choose the right therapist. I have also able to know about the limitations and criticism of CBT. Overall, this book really impressed me and fulfilled my expectation. I would like to give a good rate over this book and if you think my opinion is kinda helpful then give a vote over it.

This book is extremely helpful. Cognitive Behavioral Therapy is elaborated in this book in a way that even the readers who do not have any background on psychology can understand. This book serves as a practical guide for readers who want to understand this method and apply it whenever they or any of their loved ones are down or in a difficult stage of their life. The author really was interested in helping people and helping them learn about various psychological topics.

Well this took me over 2hrs to finish, and I'm glad I took the time. This helped tremendously with my anxiety, and gave me more tools than I thought it would. Cognitive Behavioral Therapy is elaborated in this book in a way that even the readers who do not have any background on psychology can understand. The essentials and fundamentals enumerated in this book, personally, is like a medicine for prevention or cure from the sickness of unpleasant feelings and emotions.

Dealing with your problems can help you cope up with negative things in life that hinder you from moving forward. In my own experience, I had a really hard time-fighting depressions, phobias, stress eating disorders and the like. After reading this book it, it helped me widen my knowledge about what I am going through and given me guides how to cope up and fight depressions, phobias, stress eating disorders with the help of Cognitive Behavioral Therapy.

You will learn in this guide how CBT tries to teach new skills for dealing with their mental health. Some work with negative thoughts that avoiding negative thoughts helps to fight them. Contrasting fear in a gradual and meaningful way helps give the person faith in their own ability to cope. Someone who has a negative thought may learn to reframe their thoughts and look at them more objectively. This helps them to break the downward spiral of their mind.

It's nice to study cognitive behavioral therapy since psychological disorders weigh more problems than any other diseases. We are talking about the brain here and how it works and what is the best approach with dysfunction in certain specific areas. This book is intended to advise people on how to deal with the common psychological conditions. It helps its readers to face their fears and allow them to live a stress free life.

A beautifully presented and balanced approach to CBT, rich in recommended resources for further study or inquiry. Whether teacher, student, parent, child, sibling, friend or health professional, these 'evidence-based' approaches to sifting out the nonsense that accumulates in our thinking are an invaluable tool for living a calm and fulfilled life, no matter what your own circumstances might be. Highly recommended.

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