



# Cognitive Behavioural Therapy Workbook For Dummies

*Rhena Branch, Rob Willson*

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**Dozens of practical exercises and easy to perform techniques for banishing negative thoughts before they take hold**

Whether you're trying to overcome anxiety and depression, boost self-esteem, beat addiction, lose weight, or simply improve your outlook, cognitive behavioural therapy (CBT) offers a practical, sensible approach to mastering your thoughts and thinking constructively. In this updated and expanded edition of the companion workbook to their bestselling *Cognitive Behavioural Therapy For Dummies*, professional therapists Rhena Branch and Rob Wilson show you, step-by-step, how to put the lessons provided in their book into practice. Inside you'll find a huge number of hands-on exercises and techniques to help you remove roadblocks to change and regain control over your life.

*Cognitive Behavioural Therapy Workbook For Dummies, Second Edition:*

- Develops the ideas and concepts that presented in the bestselling *Cognitive Behavioural Therapy For Dummies, Second Edition* and provides exercises to put those ideas into practice
- Features a range of hands-on CBT exercises and techniques for beating anxiety or depression, boosting your self-esteem, losing weight, or simply improving your outlook on life

Rhena Branch and Rob Willson are CBT therapists at the Priory Clinic in London, and the authors of *Cognitive Behavioural Therapy For Dummies*.

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