



## Cognitive Behavioral Therapy - CBT: The Basics and Beyond (Paperback)

By Rebeca Franks

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Cognitive-behavioral therapy (CBT) is an evidence-based treatment option that was developed through decades of research and psychological concepts. When dealing with conditions such as anxiety and depression, CBT is one of the most effective treatments available. For those that suffer from mild anxiety, many successfully recover without the need for any medication based on the direct and focused nature of CBT. Although it is a great option for those that suffer from these specific conditions, CBT is not limited. It can successfully address issues regarding self-esteem, addiction, eating disorders, chronic pain, and so many other psychologically-based conditions and disorders. By reading this book, you ll better understand the basics of CBT, the history behind CBT, various methods, criticisms, and so much more. This book displays ways in which individuals learn to think about an issue through new and healthier thought patterns. In turn, problematic behaviors are addressed which are brought on by these distressing thought patterns. You will learn how the following steps positively impact those that take part in this well-respected therapy: Identify the...



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