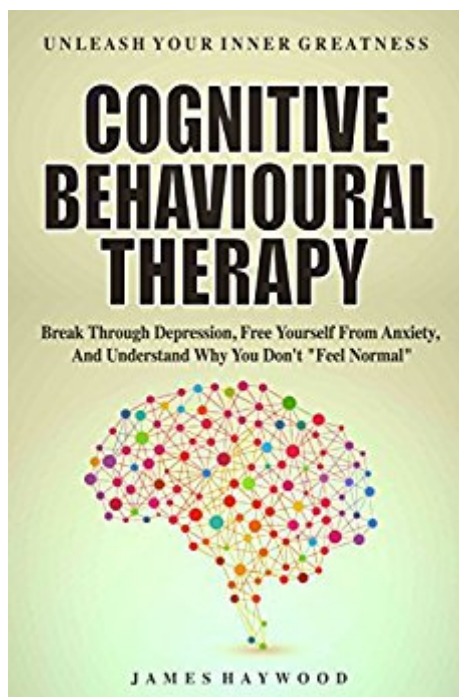


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# Cognitive Behavioral Therapy: Break Through Depression, Free Yourself From Anxiety, And Understand Why You Don't "Feel Normal" - UNLEASH YOUR INNER GREATNESS



## Synopsis

Do you always feel tired, have low energy, and find it hard to motivate yourself to do any daily activities? Do you have feelings of sadness or unhappiness and feel like you've lost your ability to feel joy and pleasure? Or do you feel irritability, frustration, anxious and worried about the smallest things in your life? What if I told you I could help you be the master of your emotions and negative thoughts to re-gain control over your own mind so you can free yourself from all the symptoms you're experiencing – once and for all? In Cognitive Behavioral Therapy that's exactly what you'll get. You will learn about CBT techniques and lifestyle advice on how to challenge negative thoughts and unhealthy beliefs to improve your outlook in your personal and professional life. If you've ever tried to change something about yourself your mood, your weight, your behaviour you'll have noticed that change often hurts, so you stop trying. CBT can help you when change starts to hurt. I've broken every chapter down in this book to see exactly how you can use their findings to your advantage. Every piece of advice in this book is 100% backed by in-depth, peer-reviewed research. Cognitive Behavioural Therapy (CBT) is the World's Number 1 Treatment for Anxiety, Depression and Panic Disorders. The advice in this book has been tested and shows that CBT may be more effective than medication in preventing relapse. A long term follow-up study of patients who had become panic free with exposure therapy found that 93% remained in remission after 2 years. • Best of all you don't have to practice CBT for years. In fact, you can dramatically improve how you feel within a matter of hours when you start the treatment! All you have to do is follow the simple advice in this book. Are you ready to finally push the "Stop" button on your depression and anxiety - Starting right now to make sure you are living to your fullest? What will you discover? Well here's a preview... Exactly what depression is, how it takes control over your life and why it is so different from a simple case of the "blues". How to decode your own, unique pattern of symptoms. The specific types of foods that you need in your diet in order to live a depression-free life. How you can regain your energy, restore your self confidence and rediscover your passion for life. Immediately gain control of your thoughts and emotions. Address key topics such as anxiety, change, resilience and self-belief and how you can master them. How will your daily life improve? You'll have the energy to accomplish your everyday tasks and feel less tired at the end of the day. Discover more motivation and enthusiasm to get things done. Eliminate the anxious feelings and all the endless worries - PERMANENTLY Stop feeling overwhelmed by your own life – and start feeling like you can do anything you set your mind to do. Become more productive and more successful in both your personal and professional life. Finally get a good night's sleep and wake-up feeling refreshed and energized in the mornings. And much, much more. Before I sign off I really want you to think for a

moment about your future What will happen if you don't make any changes? What will happen if you let your negative thoughts destroy your life? Every day, you'll continue to go through life worrying and thinking will you even be happy again. You'll more than likely try medicine after medicine, with no results except dangerous side effects, like nausea, weight gain, and other health problems. Not to mention all the money you save on your anti-depressants and other medications. What are you waiting for?

## Book Information

File Size: 1353 KB

Print Length: 36 pages

Simultaneous Device Usage: Unlimited

Publication Date: June 26, 2016

Sold by:Â Digital Services LLC

Language: English

ASIN: B01HMZE4HA

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

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## Customer Reviews

This book is more of a definition of CBT therapy and does not go very deep. I was hoping for something with a little more depth. Along with being disappointed about the book's contents it is literally riddled with typos. To the extent that I got to a point where finding the mistakes was the focus of my reading. I would not recommend this book to anyone who already knows ANYTHING about CBT.

I've only read a few pages of this book so far and I'm not sure I can continue. The typographical and grammatical errors make it very difficult for me to take anything this book has to say seriously. If I do

continue reading it I think I will have to fact check any statistics to make sure they are true. The errors just make it too difficult to believe anything written. I kind of want my money back.

Lots of typos. Weird book. Seems dated.... And common sense stuff

Too many typos. I couldn't even get through the first chapter. When I read a book like this, it makes me question the legitimacy of the content in it.

Cognitive Behavioural Therapy is an excellent way of soothing depression and anxiety. Going into this book, I was skeptical about the methods, as I am with any book. However, I found that the methods in this book were non like anything else. I can feel the changes that the words in this book make towards your body and if you are practicing the teachings from this book, I know it will soothe your anxiety and depression as it has for me. I recommend this book to anyone that is interested in this subject.

I especially liked the research showing that CBT is more effective than pharmacological measures for depression...cool! It also covers such topics as assessment strategies and recent developments in the cognitive sciences. It also comprises detailed presentations of specific treatment approaches: cognitive therapy, rational-emotive behavior therapy, self-management approaches, problem-solving therapies, and child and adolescent applications.

I love this book. It really opened my eyes to what cognitive behavior is all about. The book also talked about the signs and symptoms of people affected with this defect. I didn't know most of these things until I came across this book. This book was also able to reassure me that it could actually be managed with right care. I am glad I got to read this book as I have been able to add to my knowledge through it.

After reading this book you will have a clarity understanding of depression diagnosis that really impacts so many people and in most of the time they are not aware about owning this cognition, in many cases feeling anxiety is one primordial factor that could help to detect this problem and this book provides guidelines to how implement a self CBT therapy explaining it can help you to manage this cognition.

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Unhappy, Stressed) Karl Marx: Greatness and Illusion Complex PTSD and Developmental Trauma Disorder: How Childhood and Relationship Trauma Can Cause Anxiety and Depression in Adults (Transcend Mediocrity, Book 126)

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