



The CBT Workbook for Anxiety: A simple CBT workbook to help you record your progress when using CBT to reduce anxiety. This workbook can be used to ... on anxiety (The Little CBT Workbook Series)

Dr James Manning ClinPs, Dr Nicola Ridgeway ClinPs

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This book will be an ideal companion for those who want to undertake their own CBT. Full of useful exercises and blank CBT sheets, readers can keep all their CBT records in one place and look back on them whenever you need to. All the worksheets in this book can be photocopied so this book may also be useful for therapists working with their clients. This book is a sister book to CBT for anxiety written by the same authors. The authors continue to use their principle of a picture paints a thousand words making highly complex ideas appear simple, and reducing mental load on the reader. The authors' very cleverly thought out approach really does make reading this book feel effortless, and allows you to absorb huge amounts of information quickly and easily. Each page has been written in a simple, straight-forward manner to help you make the most of your CBT.

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