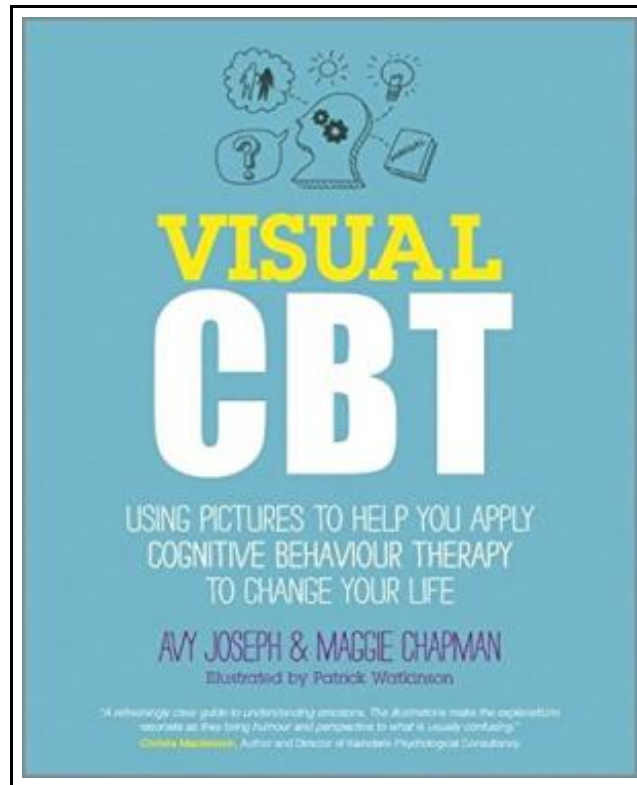


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Reviews



Extremely helpful for all class of folks. It is really simplified but excitement from the 50 percent of your ebook. You wont sense monotony at at any moment of your time (that's what catalogs are for about if you check with me).

(Prof. Zachary Pollich V)

VISUAL CBT: USING PICTURES TO HELP YOU APPLY COGNITIVE BEHAVIOUR THERAPY TO CHANGE YOUR LIFE



John Wiley and Sons Ltd. Paperback. Book Condition: new. BRAND NEW, Visual CBT: Using Pictures to Help You Apply Cognitive Behaviour Therapy to Change Your Life, Avy Joseph, Maggie Chapman, Patrick Watkinson, Many people learn best by following a visual approach - retaining information far more successfully if that information is given to them in a visual manner. Visual CBT uses illustrations, graphics and images to help the reader to alter their thought patterns and change behaviours through CBT to become a happier, healthier individual. Uniquely, it highlights the differences between healthy and unhealthy emotional responses - for example Anxiety instead of Concern - to enable the reader to quickly "picture" how they are reacting, and bring it into line with the healthy type of response. * Includes an explanation of the premise of CBT and how it can relate to everyday life * Uses exercises and practical tips to examine a whole host of healthy vs. unhealthy scenarios - such as depression vs. sadness, anger vs. annoyance, hurt vs. sorrow, shame vs. regret .and much more * Visual CBT is an easy to use guide that can be referred back to time and time again showing how to successfully implement the most important CBT techniques.

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