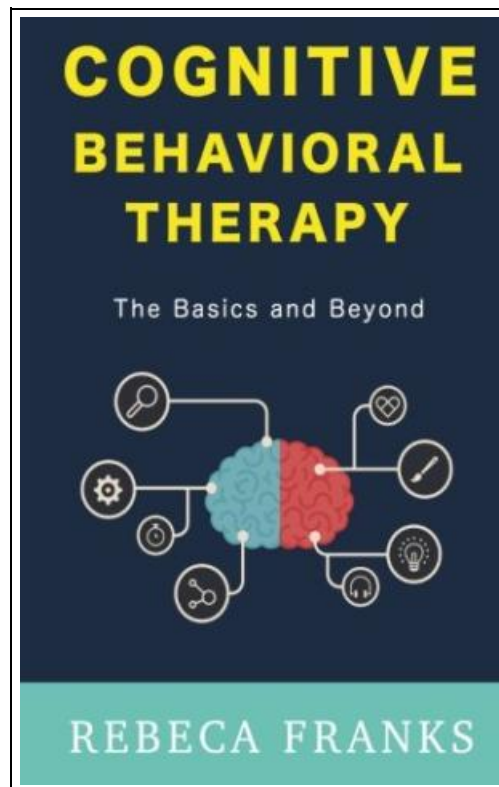


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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Cognitive-behavioral therapy (CBT) is an evidence-based treatment 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 issues or conditions that are causing problems. Become aware of how one feels based on their emotions and beliefs regarding specific problems.Negative or distorted beliefs are identified so that individuals can recognize destructive thought patterns, understanding how these beliefs are contributing to ones destructive behaviors.Individuals then challenge these thought processes, changing their behaviors through various methods. Although CBT may not cure all conditions or make unpleasant situations disappear, it does provide individuals with the power to face their thoughts and behaviors in a healthier, more balanced way. Skills learned in therapy are meant to assist an individual long-term, as they...



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