



Cognitive Behavioral Therapy: For All Mood Disorders and Addictions [anxiety, bipolar, depression] (cognitive learning, cognitive therapy, cognitive psychology,)

Jim Berry

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Cognitive Behavioral Therapy

For All Mood Disorders and Addictions

If you have mood disorders and addictions, this book will help you to overcome them and live a meaningful life. This is a practical cognitive behavioral therapy CBT self-help book, which will help you to understand yourself and gain knowledge of how to overcome your problems. After reading and applying what is recommended in this book, you will change your thoughts and behaviors to make you feel better. Cognitive behavioral therapy is one of the most effective therapies that have been developed to treat mental illnesses and substance addictions.

The principles stated in this book can be practiced on a daily basis and will live on with the patient, even after the treatment is completed. It will help you to overcome anxiety, depression, phobias, panic attacks, obsessive compulsive behavior, drug and alcohol addictions among all mood disorders and addictions. CBT is talking therapy that can help you manage your problems by changing the way you think and behave. Unlike some other talking treatments, CBT deals with your current problems, rather than focusing on issues from your past. It looks for practical ways to improve your state of mind on a daily basis.

Changing thoughts and behavior is a helpful way to alleviate mood disorders and addictions. If you can apply the principles recommended in this book and eat healthy foods and exercise the CBT skills regularly, you will overcome the challenges that prevent you from enjoying your life and having a meaningful life.

Here is a preview of what you will learn...

- What is Cognitive Behavioral Therapy?
- When Cognitive Behavioral Therapy is used
- Cognitive Behavioral Therapy Sessions
- How to Apply CBT in Your Life
- How to Change Your Thoughts
- How to Change Your Behavior
- Overcoming Mood Disorders and Addictions
- Changing Your Perspective
- Adopting Lifestyle Changes to prevent a relapse

>>>And much, much more

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