Cognitive Behaviour Therapy: Your route out of perfectionism, self-sabotage and other everyday habits with CBT 2e by Avy Joseph

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This book helps readers to reach their goals, challenge negative thoughts and maintain a positive outlook using CBT.

If you’ve ever tried to change something about yourself- your mood, your weight, your behaviour- you’ll have noticed that change is often very difficult.

Help is at hand from Avy Joseph, one of the UK’s leading practitioners in CBT. In this book, he helps readers to reach their goals, challenge negative thoughts and maintain a positive outlook using CBT.

“It’s not what happens in your life that keeps you stuck but the way you think about it” the book explains. “CBT examines how our thinking, attitudes, beliefs, opinions and behaviour are formed and how they affect our success, our lives and feelings.”

Tackling key topics including anxiety, change, resilience and self-belief, this updated edition includes fresh exercises, examples and tips to help readers practice CBT techniques in a variety of everyday situations.

Cognitive Behaviour Therapy will help readers:

- Uncover what’s holding them back from being truly happy
- Develop the self-confidence and wellbeing that make goals easier to achieve
- Overcome the negative attitudes and habits that are sabotaging their life

“I love this book! Avy Joseph’s clinical wisdom and straight-forward CBT strategies and techniques give the reader a clear understanding of how to challenge unhealthy beliefs, emotions and behaviours” – Dr Jennifer Gomborone, hpc Registered Practitioner Psychologist.

About the author:

Avy Joseph is an experienced Cognitive Behavioural Therapist, lecturer and Director and Co-founder of the companies College of Cognitive Behavioural Therapies and City Minds. He is a registered and accredited therapist with the British Association for Behavioural and Cognitive therapies (BACP) and The Association of Rational Emotive Behaviour Therapists (AREBT).

He has published two previous books including Confidence and Success with CBT and Visual CBT (co-authored with Maggie Chapman, also co-founder of the college)

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