



Understanding CBT: Develop Your Own Toolkit to Reduce Stress and Increase Well-being: Volume 1

Kasia Szymanska, Stephen Palmer

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Cognitive Behavioural Therapy is not just useful in therapeutic and mental health settings, but is now widely recognised as a valuable tool in the workplace. Understanding CBT introduces the basics of cognitive behavioural therapy and provides insights into how you can change the way you think, stand up to anxiety, face fear, develop assertiveness, defuse anger and develop new beliefs and attitudes. It offers practical workplace change techniques that can help you to transform stressful situations by changing the way you think and behave. Packed with real life examples and helpful tips, this jargon-free guide is for anyone who wants to know more about CBT and what it can do for them.

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