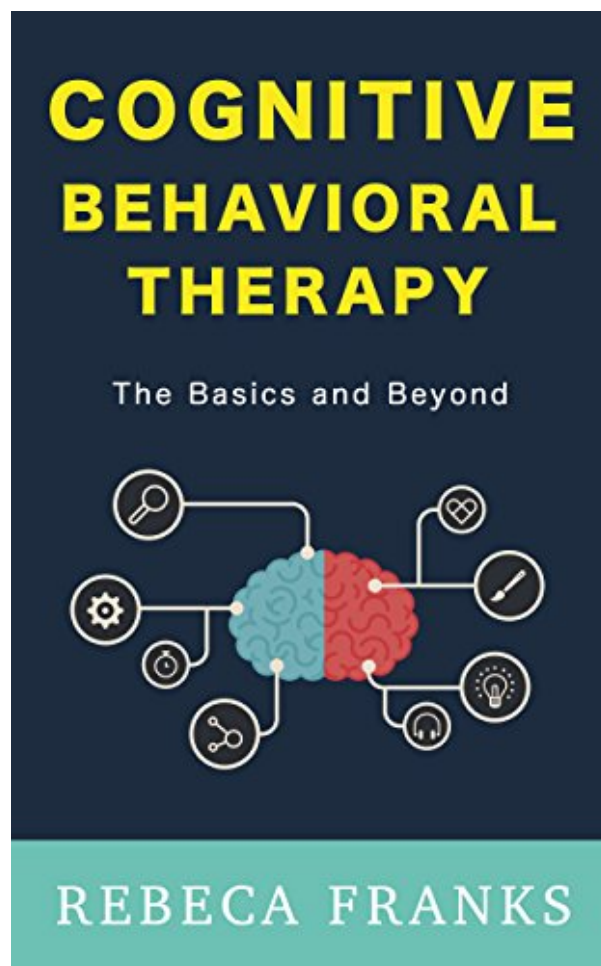


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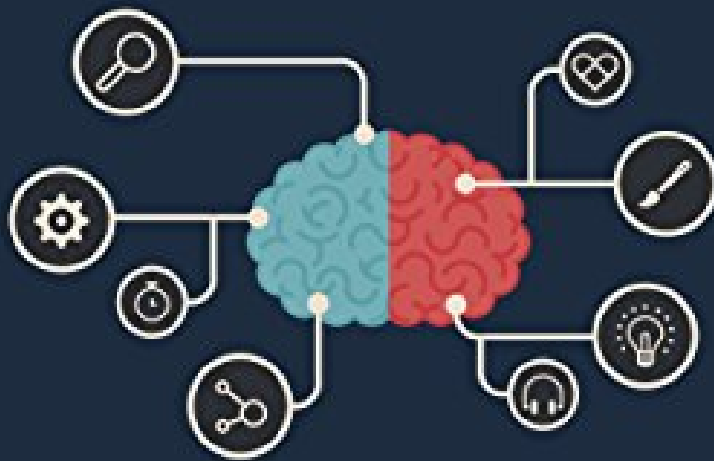


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CBT as a treatment for many psychological problems

By Convoke

Cognitive Behavior Therapy - CBT - by Rebecca Franks is a self-help book of quality. Through Cognitive Therapy, the author says, patients learn to change or stop unwanted behaviors.

I am a layperson, so I cannot comment on the knowledge and advice in this book. However, unlike many such books, this one is gently written and the information is well organized.

The book tells us that Cognitive-behavioral therapy (CBT) is an evidence-based treatment option that CBT is one of the most effective treatments available for problems such as depression.. She also recommends CBT for low self-esteem, addiction, and other ailments.

Negative or distorted beliefs are identified so that individuals can recognize destructive thought patterns, understanding how these beliefs are contributing to one's destructive behaviors.

This book offers guidance in Individuals then challenge these thought processes, changing their behaviors through various methods. While emphasizing the caveat that CBT may not be helpful for all conditions, the book introduces the reader to CBT, which it says is a set of respected and recommended therapies to improve individual well-being and quality of life. This text offers an understanding of CBT and explains how it has helped patients recover from many disorders and conditions, improving their overall well-being.1 of 1 people found the following review helpful.

workbook?

By Mum to 2

Not sure where the workbook part was supposed to come in. More like a pamphlet...will have to buy another book for any helpful techniques or actual working strategies.1 of 1 people found the following review helpful.

Disappointed

By Stephen

Not a comprehensive explanation. More of a pamphlet than an actual book. See all 23 customer reviews...

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