



# Introducing Cognitive Behavioural Therapy (CBT): A Practical Guide (Introducing...)

*Elaine Foreman, Clair Pollard*

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An INTRODUCING PRACTICAL GUIDE to the massively popular therapy. Cognitive Behavioural Therapy, commonly known as CBT, has roots stretching back as far as the ancient Greeks. It is a talking cure – a branch of therapy widely regarded as effective in curing or at least alleviating the symptoms of a wide range of disorders from anorexia to post-traumatic stress disorder. INTRODUCING CBT – A PRACTICAL GUIDE explores the roots, both ancient and modern, of the discipline but focuses on how you can use CBT's insights to improve your life. Whether you're suffering from a particular complaint or simply feel that CBT's measured and results-driven approach can be of benefit to you, this is the perfect concise guidebook.

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