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## CHANGE YOUR THINKING WITH CBT: OVERCOME STRESS, COMBAT ANXIETY AND IMPROVE YOUR LIFE



Ebury Publishing. Paperback. Book Condition new. BRAND NEW, Change Your Thinking with CBT: Overcome Stress, Combat Anxiety and Improve Your Life, Sarah Edelman, All of us experience complicated thoughts and feelings as we negotiate the day and these feelings can be difficult to manage. Sometimes we are aware that the way we think contributes to our difficulties, but don't know what to do about it. "Change Your Thinking" is soundly based on the principles of cognitive behaviour therapy (CBT), the...

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- · Authored by Sarah Edelman
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