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Change Your Life with CBT: How Cognitive Behavioural Therapy Can Transform Your Life

By Corinne Sweet

Pearson Education Limited. Paperback. Book Condition: new. BRAND NEW, Change Your Life with CBT: How Cognitive Behavioural Therapy Can Transform Your Life, Corinne Sweet, Cognitive Behavioural Therapy has already helped millions of people overcome their issues and move their life forward -- now it can really help you too. In this busy, demanding and often stressful modern world, it's a struggle to find time to even think about what your dreams and goals might be, let alone work towards actually realising them. It's so easy to get stuck in a routine, to opt for the easy answers, to feel a lack of inspiration and motivation and then wind up feeling anxious and depressed. Far from being an exciting or invigorating prospect, the mere idea of changing anything about your life soon seems hard work, scary and something to be avoided. But your life really can be better than it is now - you just need to learn how to really believe it can. Cognitive Behavioural Therapy, or CBT, can lend a hand. It will help you change the way you think and feel about yourself, about others and about the world around. As you begin to feel more positive, more...



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