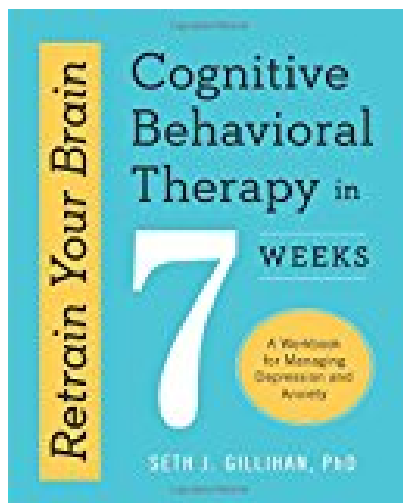


# Retrain Your Brain Cognitive Behavioral Therapy in 7 Weeks A Workbook for Managing Depression and Anxiety

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## BOOK DETAILS

- Author : Seth J. Gillihan PhD
- Pages : 236 Pages
- Publisher : Althea Press
- Language : English
- ISBN : 1623157803



## BOOK SYNOPSIS

Masterfully written with relatable examples, Cognitive Behavioral Therapy in 7 Weeks allows the reader to quickly connect and feel understood, and offers hope for those who are looking to regain control over their life. -DR. ROBIN ZASIO, Psy. D., LCSW, director of The Anxiety Treatment Center of Sacramento, featured doctor on the A&E series Hoarders Cognitive Behavioral Therapy (CBT) has proven to be the tipping point through which many people are finally able to make significant changes and break free of anxiety and depression. Cognitive Behavioral Therapy in 7 Weeks is an interactive workbook that outlines a simple, practical plan that occurs over the course of 7 weeks, and offers real, tangible relief from anxiety and depression. This is a cumulative workbook-the work you do each week builds upon that of the last and, ultimately, creates a lasting CBT "tool kit" that will prepare you to handle future challenges as they come. In his private practice, licensed psychologist Dr. Seth Gillihan specializes in the use of cognitive-behavioral treatment for anxiety and depression. He concentrates on the specific needs of each patient by using the evidence-based, solution-focused treatment principles of CBT-the fundamentals of which at the core of Cognitive Behavioral Therapy in 7 Weeks. With Cognitive Behavioral Therapy in 7 Weeks you will: Become familiar with the basic principles of CBT and understand how it works Define specific goals that you'll work toward over the course of 7 weeks Learn fundamental CBT skills through guided writing exercises that apply to your current, real-life challenges Cognitive Behavioral Therapy in 7 Weeks is the most comprehensive yet efficient workbook available for using CBT to address anxiety and depression.

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