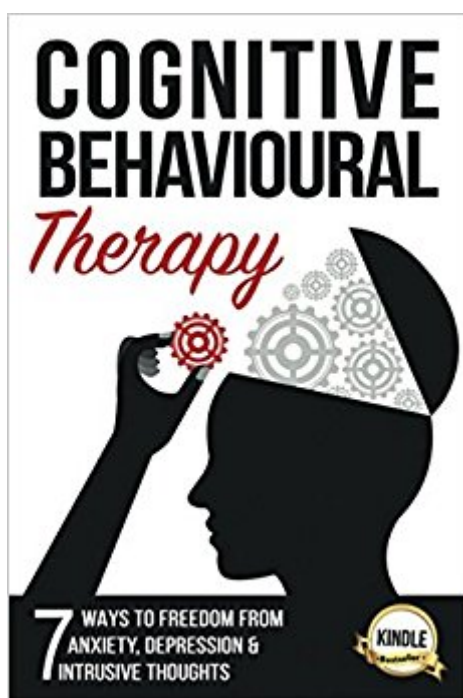


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# Cognitive Behavioural Therapy: 7 Ways To Freedom From Anxiety, Depression, And Intrusive Thoughts (Happiness Is A Trainable, Attainable Skill!)



## Synopsis

A Practical Guide to Mental and Emotional Freedom! Take action now and download this book for a limited time discount! Feeling lost about how to effectively treat disturbing intrusive thoughts? You're not alone! This book contains brilliant advice from a former sufferer of anxiety, depression, and intrusive thoughts. Inspired by compassion, this book is a gift to fellow casualties of negative thought patterns, destructive behaviors, self-loathers, and those wishing freedom from persistent demons. Only by meeting our demons face-to-face can we hope to prevail and achieve inner peace. Happiness is a trainable, attainable skill! The most proven method for successfully treating mental suffering is CBT. However, there are also complimentary practices coming from Buddhist and Stoic philosophy. This book is aimed at equipping you with the most effective techniques for overcoming depression, anxiety, and intrusive thoughts. These are long-term solutions that have stood the test of time and scientific rigor. Self-compassion is at the heart of CBT. Take a chance on this book today! Exactly What You Will Learn | How To... Understand What Makes Your Mind Tick See The Link Between Spirituality and Self-Help Confront Anxiety Head-On! Challenge Unhelpful, Intrusive Thoughts Build a Better Relationship with Yourself Break Bad Habits and Enjoy Life! Optimal Life Management + BONUS Workbook! One-Click for a Healthier, Happier Mind! Full 30-Day 100% Money Back Guarantee. (That's How Confident We Are!) [100% Extra FREE: 10,000+ Words in Your New and Improved 2nd Edition!] Tags: Training, Techniques, Course, Self-Help, Online, Books, Anxiety, Depression, Cure, Insomnia, Phobias, Intrusive Thoughts, CBT, Cognitive Behavioural Therapy, Your Stress-Free Life.

## Book Information

Series: Happiness is a trainable, attainable skill! (Book 1)

Paperback: 148 pages

Publisher: Independently published (December 16, 2016)

Language: English

ISBN-10: 1520163045

ISBN-13: 978-1520163048

Product Dimensions: 6 x 0.4 x 9 inches

Shipping Weight: 7.7 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 172 customer reviews

Best Sellers Rank: #23,466 in Books (See Top 100 in Books) #1 in Books > Health, Fitness & Dieting > Psychology & Counseling > Psychiatry > Adolescent #2 in Books > Politics & Social

## Customer Reviews

I find this book insightful. Not many people understand depression or other mental conditions. For people who suffer these conditions, it is hard to find ways to cope. I myself deal with anxiety and stress. I do not know how to manage my thoughts and feelings well. This book really helps for people like me who are seeking help. It is about time to have a book that truly understands and explains the importance of careful and mindful thinking. The author explained specifically and clearly the techniques in overcoming fear. I was not familiar with Cognitive Behavioral Therapy (CBT) until I read this book. It provides an excellent introduction of the basic principles behind this therapy. I appreciate how the step by step awareness to change the mindset is well explained. Thoughts become things. We manifest what we think the most. That is how powerful our brain is. That is what the book has taught me. I will try to apply what I learned from this book. In the book, there are ideas on how to change negative thought into positive ones. If you want to let go of negativity and start conditioning your brain for positivity, this book is for you.

I found this book truly inspiring and helpful. Lawrence Wallace writes an easy to follow self help guide to mastering the benefits of Cognitive Behavioral Therapy. The idea behind CBT is that you can change your thoughts and therefore improve your reaction to emotions that you cannot change in situations, helping you with anxiety, stress, and depression to name a few. The book is, like I said before, set up for you to do entirely yourself. The author gives you the background to CBT in the beginning, showing you the idea behind it and helping you to understand the model of it, before giving you step by step how to begin your self practice with CBT, even granting a workbook in the final pages. I had heard of Cognitive Behavioral Therapy before, but I have to admit I didn't know as much as I thought. This book really informed me, some of the things I had come across felt like ah-ha moments. In short, I believe this book will help people connect with themselves on a new level just understanding that some intrusive thoughts are felt by all people and that they don't mean you are a bad person. Wonderful. One of the best books I have read this year to date, and I'm excited to keep up my own self practice of CBT because of this book. I highly recommend giving this a read.

I truly enjoyed reading Cognitive Behavioral Therapy: 7 Steps to Freedom from Anxiety, Depression,

and Intrusive Thoughts. As odd as this might sound, this book inspired me to focus on creating a more peaceful relationship with myself and my thoughts. The book opens with a quote from Buddha which sums up life for so many of us, “We are what we think.” I thought that Mr. Wallace wrote in a style that just put it out there without throwing more words on a page than were necessary. The overwhelming message that I took away was to be dedicated to changing what you will allow in your thoughts, and the negative parts of your being will also change. I especially appreciated the section on setting goals, identifying obstacles, and then changing behavior to reach those goals. The workbook at the end of the book was also extremely helpful and provided a solid framework to take action. This is not a boring text-book sort of read. It is helpful and enlightening, and I plan to use the techniques for self-reflection.

Cognitive Behavioral Therapy by Lawrence Wallace is a self-help guide that can lead to more emotional freedom for those who find themselves stagnated in life by such things as anxiety and depression. Psychologists Albert Ellis and Aaron T. Beck developed this therapeutic technique in the 1950s and 1960s to help patients understand their thoughts and beliefs and learn to manage them for more positive mental results and overall happiness in a clinical setting with the patient also taking responsibility for an ongoing role outside of therapy. CBT focuses on seven steps: identify the problem; set goals; identify obstacles; challenge automatic and intrusive thoughts; identify and challenge core beliefs and assumptions; change behaviors; and lifestyle changes and problem solving. I encountered CBT years ago in my college studies and I was very surprised to find that someone was able to make it into a self-help program outside of a psychologist’s clinical setting. The author explains everything in plain English and that makes the average person a whole lot more likely to keep reading. I appreciate the fact that he lets readers know that there is no shame in anxiety, depression, or other mental issues while emphasizing the fact that it takes dedication and hard work and that it will take time. We may not be able to control our circumstances but we can learn the necessary skills to turn negative thoughts into more positive ones. The chapters are not too long and subjects such as religious beliefs, proper diet, and getting enough sleep are integrated into the seven steps for a well-rounded program. There is also a workbook included to aid in the step-by-step process. As the author states, self-help is not for everyone, so if there is any struggle with suicidal thoughts or emotional issues that are just too overwhelming professional help is recommended.

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Cognitive Behavioural Therapy: 7 Ways to Freedom from Anxiety, Depression, and Intrusive

Thoughts (Happiness is a trainable, attainable skill!) Cognitive Behavioral Therapy: 7 Steps to Freedom from Anxiety, Depression, and Intrusive Thoughts (Happiness is a trainable, attainable skill! Book 1) Cognitive Behavioural Therapy: 7 Ways to Freedom from Anxiety, Depression, and Intrusive Thoughts Cognitive Behavioral Therapy: Techniques for Retraining Your Brain, Break Through Depression, Phobias, Anxiety, Intrusive Thoughts (Training Guide, Self-Help, Exercises) Depression: The Depression Cure: The 11-Step Program to Naturally Beat Depression For Life (depression cure, depression books, depression and anxiety, ... emotional intelligence, mood disorders) Depression Treatment Naturally & Depression Self Help: 21 Non-Medical Depression Cures To Stay Happy For Life (depression cure, postpartum depression, ... depression self help, depression free) Anxiety: Anxiety Cure Secrets: 10 Proven Ways To Reduce Anxiety & Stress Rapidly (BONUS- 30minute Anxiety Coaching Session- Anxiety Cure, Become Free, 10 simple ways) Free Your Mind: A Guide to Freedom from Anxiety, Depression, Panic Attacks and Intrusive Thoughts Cognitive Behavioral Therapy (CBT): A Complete Guide To Cognitive Behavioral Therapy - A Practical Guide To CBT For Overcoming Anxiety, Depression, Addictions ... Phobias, Alcoholism, Eating disorder) Overcoming Unwanted Intrusive Thoughts: A CBT-Based Guide to Getting Over Frightening, Obsessive, or Disturbing Thoughts Postpartum Depression Cure: The Self-Help Guide To Overcome Depression After Childbirth (Post partum anxiety, Post partum weight loss, Post partum depression) Teen Depression: A Parent's Guide for Recognizing the Signs of Teenage Depression and Helping Your Child Find Happiness Again ~ ( Help for Depression in Teens ) Separation Anxiety: A Parent's Guide for Dealing with a Child's Separation Anxiety ~ ( Separation Anxiety Disorder | Separation Anxiety in Children or Toddlers ) Retrain Your Brain: Cognitive Behavioral Therapy in 7 Weeks: A Workbook for Managing Depression and Anxiety Cognitive Behavioral Therapy: A Psychologist's Guide to Overcome Anxiety, Depression, & Negative Thought Patterns: Psychology Self-Help, Book 5 CBT Worksheets for Teenage Social Anxiety: A CBT workbook to help you record your progress using CBT for social anxiety. This workbook is full of ... CBT therapy and CBT books on social anxiety. Self-Administered EMDR Therapy: Freedom from Anxiety, Anger and Depression The Practice of Cognitive-Behavioural Hypnotherapy: A Manual for Evidence-Based Clinical Hypnosis Treating Psychosis: A Clinician's Guide to Integrating Acceptance and Commitment Therapy, Compassion-Focused Therapy, and Mindfulness Approaches within the Cognitive Behavioral Therapy Tradition The Cognitive Behavioral Workbook for Menopause: A Step-by-Step Program for Overcoming Hot Flashes, Mood Swings, Insomnia, Anxiety, Depression, and Other Symptoms (New Harbinger Self-Help Workbook)

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