

## Cognitive Behavioral Therapy: 2 Books - Practical Tips on How to Conquer Psychological Disorders a Mastery Guide to Controlling Your Emotions (Paperback)



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### **Reviews**




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## COGNITIVE BEHAVIORAL THERAPY: 2 BOOKS - PRACTICAL TIPS ON HOW TO CONQUER PSYCHOLOGICAL DISORDERS A MASTERY GUIDE TO CONTROLLING YOUR EMOTIONS (PAPERBACK)



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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This book bundle, **Cognitive Behavioral Therapy: Practical Tips on How to Conquer Psychological Disorders and Take Back Control of Your Life**, is a self-help guide, intended for individuals who want to have their life back despite their psychological disorders. If you re haunted by fear and anxiety, or feel depressed and hopeless, this book will provide you guidelines in taking hold of the steering wheel of your life. CBT is so broad, encompassing other vital disciplines, so the chapters focus more on the topics that would change your way of thinking to a more positive one. There are no promises, because you - alone - can decide whether to fix the mess in your life or not. Nevertheless, if you religiously follow these self-help guidelines provided in this book, you can acquire the skills in overcoming your psychological problems. Concrete examples are also given to provide you with an exact blueprint on what to do. With little or no active participation of a psychotherapist, you can certainly do well on your own. Continue reading and learn the steps in coping with your condition. **Emotional Intelligence: A Mastery Guide to Controlling Your Emotions, Improving Your Self-Confidence, and Raising Your Self-Awareness**, is intended for individuals who want to gain emotional intelligence by knowing how to be confident, to master their emotions and self-awareness in dealing with other people. Specific examples are provided to make you understand clearly the principles and guides of EQ. There are lots of simple techniques with specific steps on how to do it. Have fun reading and learning!.

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