

# Cognitive Behavioural Therapy: Your Route Out Of Perfectionism, Self-sabotage And Other Everyday Habits - Avy Joseph

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What happens to you in life matters less than the way you feel about life: that's the message of cognitive behavioural therapy. If you've ever tried to change something about yourself - your mood, your weight, your behaviour - you'll have noticed that change often hurts, so you stop trying. CBT can help you when change starts to hurt. In this book, professional CBT practitioner Avy Joseph shows you how to challenge negative thoughts and unhealthy beliefs to improve your outlook in your personal and professional life. Whether you want to break the spiral of depression, anxiety or guilt, achieve work-life balance or make an important change, this book will help you reach your goals and maintain a positive outlook - no matter what life throws at you. Remember: It's you - not your circumstance - that holds the key to change. Don't limit yourself. Author: Joseph, Avy Publisher: Capstone Illustration: N Language: ENG Title: Cognitive Behavioural Therapy: Your route out of perfectionism, self-sabotage and other everyday habits Pages: 00318 (Encrypted EPUB) On Sale: 2010-02-04 SKU-13/ISBN: 9781841128009 Category: Psychology : Psychotherapy - General Category: Self-Help : Personal Growth - General

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