



CBT Journal

Making Everything Easiers

# CBT Journal

## DUMMIES

GRIDMATTO

Rob Willson Rhena Branch

Cognitive behavioural therapists

#### Learn to:

- Use this journal to complement your CRT therapy and help you overcome emotional problems
- Identify your strengths and inspirations
- Record your thoughts and feelings to help you make progress - whether at home, on the train or on your lunch break
- Make the changes you need for a happier, healthier life

### Cbt Journal For Dummies By Willson Rob Branch Rhena 2012 Hardcover

Rhena Branch, Rob Willson, Patrizia Collard

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