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COGNITIVE BEHAVIOURAL COACHING IN PRACTICE: AN EVIDENCE BASED APPROACH



Edited by Michael Neens and Stephen Palmer Routledge. Paperback. Book Condition: New. Paperback. 272 pages. Dimensions: $7.6 \text{in.} \times 5.1 \text{in.} \times 0.9 \text{in.}$ Cognitive Behavioural Coaching in Practice explores various aspects of coaching from within a cognitive behavioural framework. Michael Neenan and Stephen Palmer bring together experts in the field to discuss topics including: procrastination stress performance self-esteem perfectionism goal selection socratic questioning. This highly practical book is illustrated throughout with lengthy coachcoachee dialogues that include a commentary of the aims of the coach during the session. It will be

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