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Createspace Independent Publishing Platform, 2017. Paperback Condition: New. Language: English . Brand New Book ***** Print on Demand *****. This Book Includes 4 Manuscripts Cognitive Behavioral Therapy Master Your Brain, Depression And Anxiety Cognitive behavioral therapy (CBT) is a relatively short-term, results-oriented type of psychotherapy, which has a clear goal and uses a more practical approach for tackling psychological disorders. The goal usually is to change behavior or thought patterns that cause people to feel the way they do. CBT is employed...

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- Authored by George Muntau
- Released at 2017



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