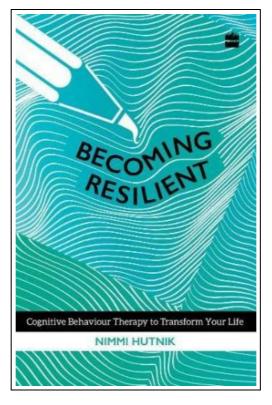
# Becoming Resilient: Cognitive Behaviour Therapy to Transform Your Life (Paperback)



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### Reviews

This pdf may be really worth a read, and superior to other. It generally does not price too much. Once you begin to read the book, it is extremely difficult to leave it before concluding.

(Dylan Schaden)

## BECOMING RESILIENT: COGNITIVE BEHAVIOUR THERAPY TO TRANSFORM YOUR LIFE (PAPERBACK)



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Element, United Kingdom, 2018. Paperback. Condition: New. Language: English. Brand New Book. Do you feel unhappy? Prone to depression and anxiety? Is there something you can do to beat the blues and bounce back? And not just bounce back, but flourish? Therapist and academic Dr Nimmi Hutnik has spent thirty years researching and contemplating these questions. Based on contemporary, state-of-the-art thinking in cognitive behaviour therapy (CBT) and positive psychology, Becoming Resilient is written to put the control back where it belongs: with you. The book will help you determine if you indeed suffer from depression or one of the seven forms of anxiety: panic disorder, obsessive compulsive disorder, health/illness anxiety, generalized anxiety disorder, specific phobias, social anxiety and post-traumatic stress disorder. It will help you gain tools and techniques to treat yourself and get back on course. Drawing upon both Western and Eastern traditions, Becoming Resilient will point you to the path of psychological transformation. A must read in perhaps the most stressful age in history.



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