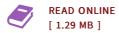# The Little CBT Workbook

By Michael Sinclair, Belinda Hollingsworth

Crimson Publishing. Paperback. Book Condition: new. BRAND NEW, The Little CBT Workbook, Michael Sinclair, Belinda Hollingsworth, Cognitive Behavioural Therapy made practical. The Little CBT Workbook is a portable workbook introducing essential CBT techniques you can use to improve your wellbeing today. Filled with exercises, checklists and learning points, The Little CBT Workbook enables you to explore key CBT principles and discover how to apply them to your day-to-day life. As an interactive introduction to CBT, The Little CBT Workbook is easy to understand and gives a complete overview of CBT, suitable for self-teaching or to supplement a course of counselling - or to provide a head start for those on CBT waiting lists. Authored by practising CBT specialists whose expertise is regularly cited in media from City AM and Management Today to The Times and Daily Mail, The Little CBT Workbook helps you identify how you think about yourself, the world and other people, as well as understand how what you do affects your thoughts and feelings. Learn how to: Spot negative thinking Chart your emotions Set wellbeing goals Combat anxiety and stress Remove roadblocks to progress Establish new core beliefs Through step-by-step CBT exercises, goal-oriented summaries and action points,...

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