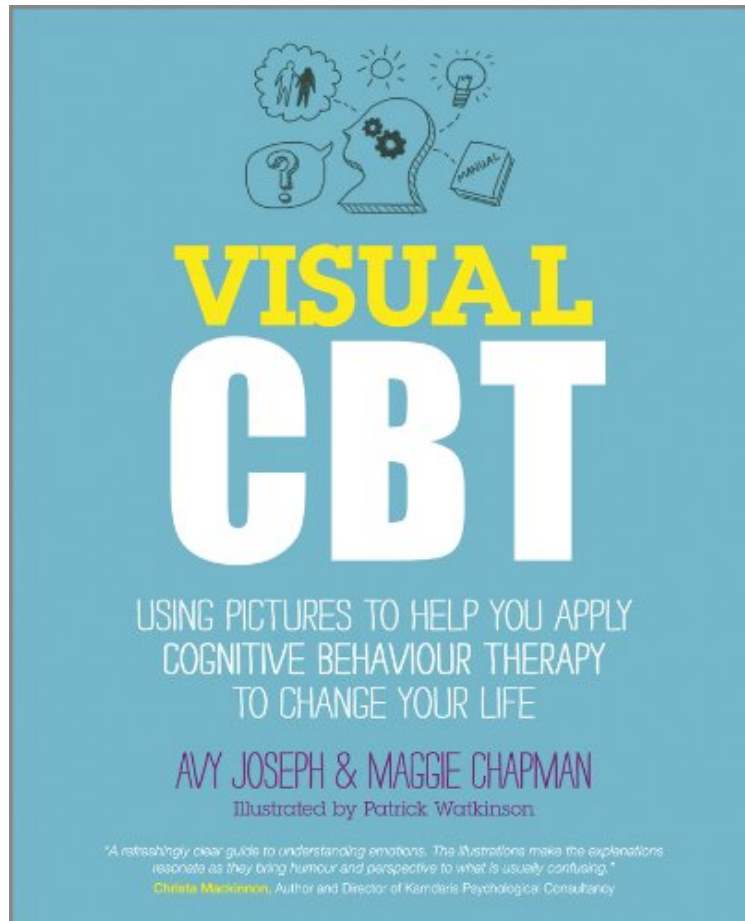


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# Visual CBT: Using pictures to help you apply Cognitive Behaviour Therapy to change your life

Avy Joseph, Maggie Chapman  
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1 of 6 people found the following review helpful. Nowhere near worth buying unless it's for a child By Sienah Grey Ridiculous book if you understand anything about CBT. The book is better suited for children. 1 of 1 people found the following review helpful. Great Book that has helped me greatly. By Customer An easy to understand, helpful guide into the world of CBT. I found the book informative and useful, and the techniques explained are easy to apply to your everyday life. It has made me reassess many of reactions to certain things in my life, and I believe has made me a calmer more rational person. Worth a read

Many people learn best by following a visual approach —; retaining information far more successfully if that information is given to them in a visual manner. Visual CBT uses illustrations, graphics and images to help the reader

to alter their thought patterns and change behaviours through CBT to become a happier, healthier individual. Uniquely, it highlights the differences between healthy and unhealthy emotional responses ndash; for example Anxiety instead of Concern ndash; to enable the reader to quickly "picture" how they are reacting, and bring it into line with the healthy type of response. Includes an explanation of the premise of CBT and how it can relate to everyday life Uses exercises and practical tips to examine a whole host of healthy vs. unhealthy scenarios ndash; such as depression vs. sadness, anger vs. annoyance, hurt vs. sorrow, shame vs. regret ... and much more Visual CBT is an easy to use guide that can be referred back to time and time again showing how to successfully implement the most important CBT techniques.

this original book helps you put CBT into practice. It uses pictures to help you change the way you think and feel, and the visual representations of thoughts are surprisingly effective. This isn't a dumbing down of CBT, more a very clear and new way of presenting it. (Healthy Magazine, April 2013) An ingenious new book... (Health Fitness, May 2013) It's effective, as once we picture a problem, it's easier to resolve. Give it a go with Visual CBT (Top Sante, May 2013)