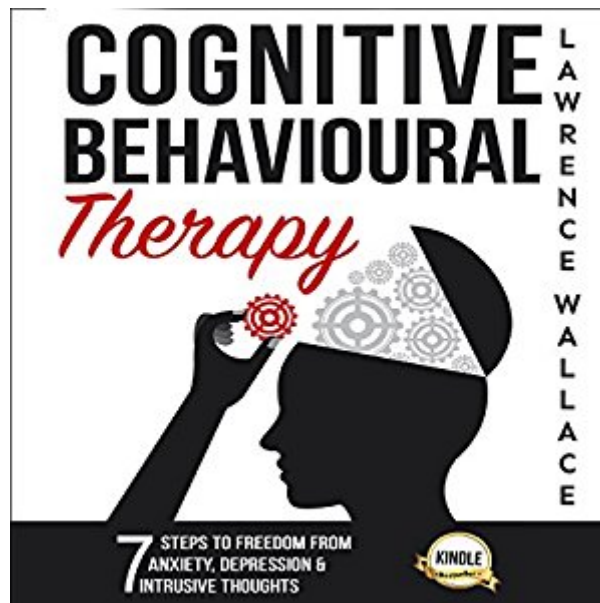




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# Cognitive Behavioural Therapy: 7 Ways To Freedom From Anxiety, Depression, And Intrusive Thoughts



## Synopsis

A practical guide to mental and emotional freedom! Feeling lost about how to effectively treat disturbing intrusive thoughts? You're not alone! This book contains the best advice from a former sufferer of anxiety, depression, and intrusive thoughts. Inspired by compassion, this book is a gift to fellow casualties of negative thought patterns, destructive behaviors, self-loathers, and those wishing freedom from persistent demons. Only by meeting our demons face-to-face can we hope to prevail and achieve inner peace. Happiness is a trainable, attainable skill! The most proven method for successfully treating mental suffering is CBT. However, there are also complimentary practices coming from Buddhist and Stoic philosophy. This book is aimed at equipping you with the best and most effective techniques for overcoming depression, anxiety, and intrusive thoughts. These are long-term solutions that have stood the test of time and scientific rigor. Self-compassion is at the heart CBT. Take a chance on this book today! You will learn exactly how to: Understand what makes your mind tick See the link between spirituality and self-help Confront anxiety head-on! Challenge unhelpful, intrusive thoughts Build a better relationship with yourself Break bad habits and enjoy life! Optimal life management + bonus workbook!

## Book Information

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## Customer Reviews

I find this book insightful. Not many people understand depression or other mental conditions. For people who suffer these conditions, it is hard to find ways to cope. I myself deal with anxiety and stress. I do not know how to manage my thoughts and feelings well. This book really helps for people like me who are seeking help. It is about time to have a book that truly understands and

explains the importance of careful and mindful thinking. The author explained specifically and clearly the techniques in overcoming fear. I was not familiar with Cognitive Behavioral Therapy (CBT) until I read this book. It provides an excellent introduction of the basic principles behind this therapy. I appreciate how the step by step awareness to change the mindset is well explained. Thoughts become things. We manifest what we think the most. That is how powerful our brain is. That is what the book has taught me. I will try to apply what I learned from this book. In the book, there are ideas on how to change negative thought into positive ones. If you want to let go of negativity and start conditioning your brain for positivity, this book is for you.

I found this book truly inspiring and helpful. Lawrence Wallace writes an easy to follow self help guide to mastering the benefits of Cognitive Behavioral Therapy. The idea behind CBT is that you can change your thoughts and therefore improve your reaction to emotions that you cannot change in situations, helping you with anxiety, stress, and depression to name a few. The book is, like I said before, set up for you to do entirely yourself. The author gives you the background to CBT in the beginning, showing you the idea behind it and helping you to understand the model of it, before giving you step by step how to begin your self practice with CBT, even granting a workbook in the final pages. I had heard of Cognitive Behavioral Therapy before, but I have to admit I didn't know as much as I thought. This book really informed me, some of the things I had come across felt like ah-ha moments. In short, I believe this book will help people connect with themselves on a new level just understanding that some intrusive thoughts are felt by all people and that they don't mean you are a bad person. Wonderful. One of the best books I have read this year to date, and I'm excited to keep up my own self practice of CBT because of this book. I highly recommend giving this a read.

I truly enjoyed reading Cognitive Behavioral Therapy: 7 Steps to Freedom from Anxiety, Depression, and Intrusive Thoughts. As odd as this might sound, this book inspired me to focus on creating a more peaceful relationship with myself and my thoughts. The book opens with a quote from Buddha which sums up life for so many of us, "We are what we think." I thought that Mr. Wallace wrote in a style that just put it out there without throwing more words on a page than were necessary. The overwhelming message that I took away was to be dedicated to changing what you will allow in your thoughts, and the negative parts of your being will also change. I especially appreciated the section on setting goals, identifying obstacles, and then changing behavior to reach those goals. The workbook at the end of the book was also extremely helpful and

provided a solid framework to take action. This is not a boring text-book sort of read. It is helpful and enlightening, and I plan to use the techniques for self-reflection.

Cognitive Behavioral Therapy by Lawrence Wallace is a self-help guide that can lead to more emotional freedom for those who find themselves stagnated in life by such things as anxiety and depression. Psychologists Albert Ellis and Aaron T. Beck developed this therapeutic technique in the 1950s and 1960s to help patients understand their thoughts and beliefs and learn to manage them for more positive mental results and overall happiness in a clinical setting with the patient also taking responsibility for an ongoing role outside of therapy. CBT focuses on seven steps: identify the problem; set goals; identify obstacles; challenge automatic and intrusive thoughts; identify and challenge core beliefs and assumptions; change behaviors; and lifestyle changes and problem solving. I encountered CBT years ago in my college studies and I was very surprised to find that someone was able to make it into a self-help program outside of a psychologist's clinical setting. The author explains everything in plain English and that makes the average person a whole lot more likely to keep reading. I appreciate the fact that he lets readers know that there is no shame in anxiety, depression, or other mental issues while emphasizing the fact that it takes dedication and hard work and that it will take time. We may not be able to control our circumstances but we can learn the necessary skills to turn negative thoughts into more positive ones. The chapters are not too long and subjects such as religious beliefs, proper diet, and getting enough sleep are integrated into the seven steps for a well-rounded program. There is also a workbook included to aid in the step-by-step process. As the author states, self-help is not for everyone, so if there is any struggle with suicidal thoughts or emotional issues that are just too overwhelming professional help is recommended.

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