



## Introducing Cognitive Behavioural Therapy (CBT) for Work: A Practical Guide (Introducing...)

*Gill Garratt*

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**Introducing Cognitive Behavioural Therapy (CBT) for Work: A Practical Guide (Introducing...)** Gill Garratt

An INTRODUCING PRACTICAL GUIDE to applying this hugely popular therapy in the workplace. Cognitive Behavioral Therapy, commonly known as CBT, has roots stretching back as far as the ancient Greeks. It is a talking cure – a branch of therapy widely regarded as effective in curing or at least alleviating the symptoms of a wide range of disorders from anorexia to post-traumatic stress disorder. INTRODUCING CBT FOR WORK – A PRACTICAL GUIDE focuses on how you can incorporate CBT's insights to improve your time in the workplace, such as tackling lack of self-motivation or feelings of inadequacy, and replacing them with new ways of thinking that will make you both happier and more effective in your work. Whether you're suffering from a particular complaint or simply feel that CBT's measured and results-driven approach can be of benefit to you, this is the perfect concise guidebook.

## Introducing Cognitive Behavioural Therapy (CBT) for Work: A Practical Guide (Introducing...) Details

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## **From Reader Review Introducing Cognitive Behavioural Therapy (CBT) for Work: A Practical Guide (Introducing...) for online ebook**

**Gordon Hunter says**

**Good read with enough detail**

This was a good read and met the criteria of an introduction well. Enough detail to cover the key points in simple yet intelligent language. If you're looking for an in-depth text book this is not it but if you want to understand the working principle of CBT with useful examples and practical self help ideas i highly recommend it.

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**Nura Yusof says**

Fast read but useful little book. I would go back to it again and again. The Kit is easy to remember and use.

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**Malak says**

Insightful and had many quotes that I can take with me through life.

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**Melissa says**

**Good primer**

A decent intro to CBT for novices. The ABC framework is easy to understand, remember, and apply. And the case studies are good examples to draw from. A quick and easy primer.

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**Eperdu says**

**A decent intro to CBT**

I think this was a good start to CBT but felt that the second half of the book wasn't as good. I would have loved to see more attention on CBT/REBT.

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