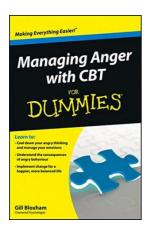
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MANAGING ANGER WITH CBT FOR DUMMIES



John Wiley & Sons Inc. Paperback. Book Condition: new. BRAND NEW, Managing Anger with CBT For Dummies, Gillian Bloxham, Defuse your anger with CBT Cognitive Behavioural Therapy (CBT) is a hugely popular self-help technique, which teaches you how to break free from destructive or negative behaviors and make positive changes to both your thoughts and your actions. This practical guide to managing anger with CBT will help you to understand your anger, identify solutions to your problems, and maintain your...

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- Authored by Gillian Bloxham
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