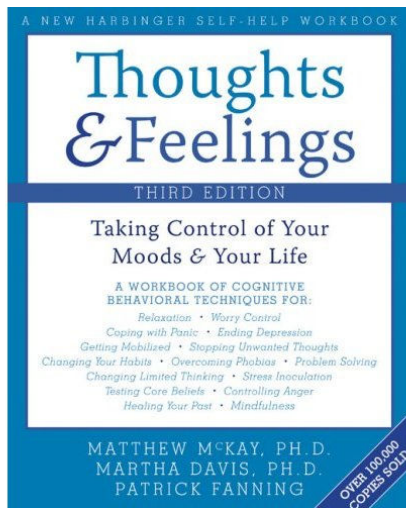


Binscombe Medical Centre

Book Recommendation



- **Paperback:** 304 pages
- **Publisher:** New Harbinger Publications,U.S.; 3rd Ed edition (30 Sep 2007)
- **Language** English
- **ISBN-10:** 1572245107
- **ISBN-13:** 978-1572245105

Making the effort to change your thoughts and emotions is not an easy road - but access to the right tools, techniques and resources can help. Matthew McKay, Martha Davis and Patrick Fanning offer a thorough handbook on using cognitive behavioral therapy (CBT) to deal with such serious emotional problems as panic disorder, phobias, obsessive thinking, depression and more. This workbook is a comprehensive guide to CBT, covering what it is, how it works and how you can use it (including worksheets) to restructure your thinking (Review posted on Amazon).

A book that introduces the concepts of Cognitive Behavioural Therapy, full of practical applications for someone who would benefit from this sort of treatment.