



The Client's Guide to Cognitive-Behavioral Therapy: How to Live a Healthy, Happy Life...No Matter What!

Aldo R. Pucci

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
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Cognitive-behavioral therapy (CBT) is a very instructional approach to therapy. CBT gives the client the skills and confidence they need to continue doing well in their therapy program. For those participating in CBT, The Client's Guide to Cognitive-Behavioral Therapy is an invaluable resource. Author Aldo R. Pucci guides you step-by-step through the therapy process, reinforcing what the cognitive-behavioral therapist teaches during therapy sessions. Written in an easy-to-understand style, this comprehensive guide includes information on the following topics: Identifying and overcoming factors that affect progress in therapy Setting and achieving goals The actual cause of emotional distress and behavioral problems Identifying and refuting problem thoughts Common mental mistakes that cause emotional distress and behavioral problems Developing new, healthy thoughts and behaviors Practicing new, healthy thoughts and behaviors so that they become automatic Obtaining long-term results. Although The Client's Guide to Cognitive-Behavioral Therapy is designed for people receiving counseling, it is also helpful for those seeking a self-help approach to their personal problems and concerns.

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