



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

By Gill Garratt

Icon Books Ltd. Paperback. Book Condition: new. BRAND NEW, Introducing Cognitive Behavioural Therapy (CBT) for Work: A Practical Guide, Gill Garratt, An INTRODUCING PRACTICAL GUIDE to applying a 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 selfmotivation 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.



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