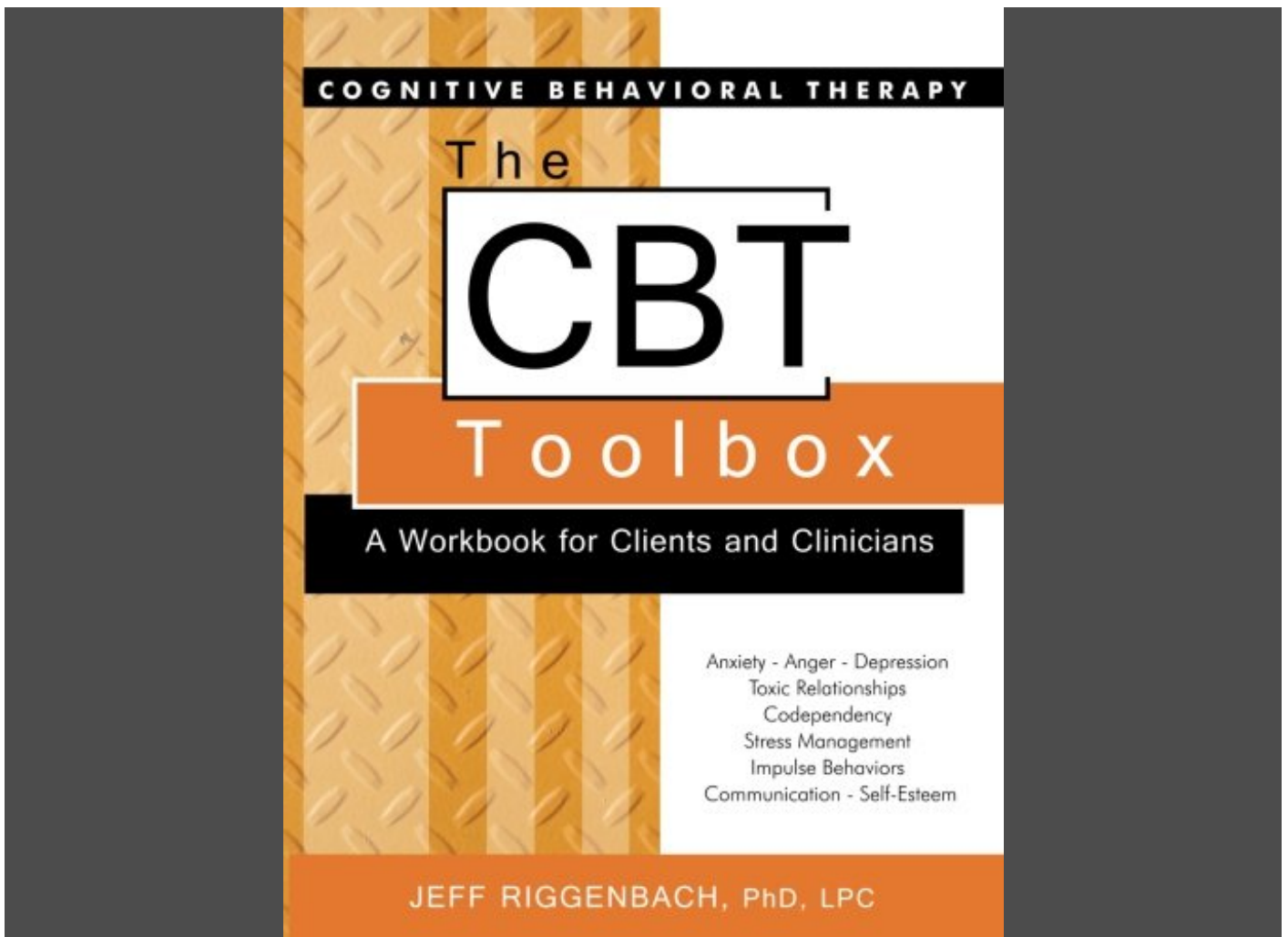


# PDF | The CBT Toolbox: A Workbook for Clients and Clinicians

by Jeff Rigenbach



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Theoretically sound, yet practical and easy-to-use, *The CBT Toolbox* guides you through evidence-based exercises to help navigate the road to recovery. For a client's use on their own or for use in a therapeutic setting, this book will teach how to overcome unhealthy life patterns, providing fresh and proven approaches to help:

- identify triggers for a variety of psychological problems
- create step by step plans to improve self-worth
- dismiss dysfunctional thinking
- track and monitor anger
- find calm in stressful situations
- break destructive patterns in toxic relationships
- defeat depression

Cognitive Behavior Therapy (CBT) is the most empirically-supported form of treatment for a broad range of psychological problems. *The CBT Toolbox* is not a "one strategy first all" book. Rather, you will receive exercises that integrate research with practical application for specific symptom sets with the necessary depth to create meaningful change.

*The CBT Toolbox* will provide you with effective and easy-to-use tools for:

- Anxiety

- Depression
- Impulsive and Destructive Behaviors
- Problems Solving
- Toxic Relationships
- Stress Management
- and much more



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