



# **Cognitive Behavioral Therapy: Heal Your Life!: 5 Powerful Steps to Overcome Anxiety, Negative Emotions & Depression (Cognitive Behavioral Therapy, Anxiety, Mindfulness) (Volume 1)**

*Maya Faro*

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## **Your Personalized Guide to Mental and Emotional Freedom!**

You are just about to discover how to free yourself from anxiety, depression and negative thoughts with powerful Cognitive Behavioral Therapy techniques!

**Cognitive Behavioral Therapy (CBT) offers effective and proven strategies that have been successfully used to treat & get rid of anxiety.**

The good news? Anyone can master them and use them to achieve better quality of life.

This is what this guide offers you- simple, practical approach and effective CBT exercises to help you on your journey to peace, balance and happiness.

With Cognitive Behavioral Therapy, you can get to the root of the problem, make friends with your emotions and transform your life. You can change from anxious to assured and be in control of your life and feelings!

## **Here's a Short Preview of What You Will Find Inside:**

- How to Realize That Anxiety Is Trying to Be Your Friend
- Anxiety Is an Emotion: A Whole Body Experience
- Some Triggers You May Not Have Thought Of
- The Holistic Function of Emotions

-Let's See How Anxious You Are and Plot A Course To Being As Anxious As You Choose To Be!

-Learn What Is Causing Your Anxious Response

-Understand Cognitive Behavioral Approaches and Find Out What Your Unconscious Beliefs Are

-Learn the Thinking Styles Which Make You Most Anxious and Turn Them Around

-Black and White Thinking and What to Do About It

-From Anxious to Assured-Your Personal Transformation

-How to Increase Your Positive Emotions

-The Soothing Skills of Mindfulness

+ Practical (workbook style) Exercises included

*You see, CBT doesn't have to be about complicated rituals, expensive retreats and difficult self-help how-to manuals!*

It all comes down to diving deep, making friends with your emotions (both good and bad) and understanding your awareness.

This is what this book is designed to help you with...

In this book you will find **effective techniques to step out of your anxious, stressful thinking** and allow your mind to understand CBT so that you can achieve **peace and happiness in all areas of your life...**

***Scroll to the top of the page and select the 'buy button' and start transforming your life with effective CBT techniques today!***

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#### **Bernice Hicks:**

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