

THE COGNITIVE BEHAVIORAL THERAPY WORKBOOK FOR PERSONALITY DISORDERS

A Step-by-Step Program

JEFFREY C. WOOD, PSY.D.

About
the
Author



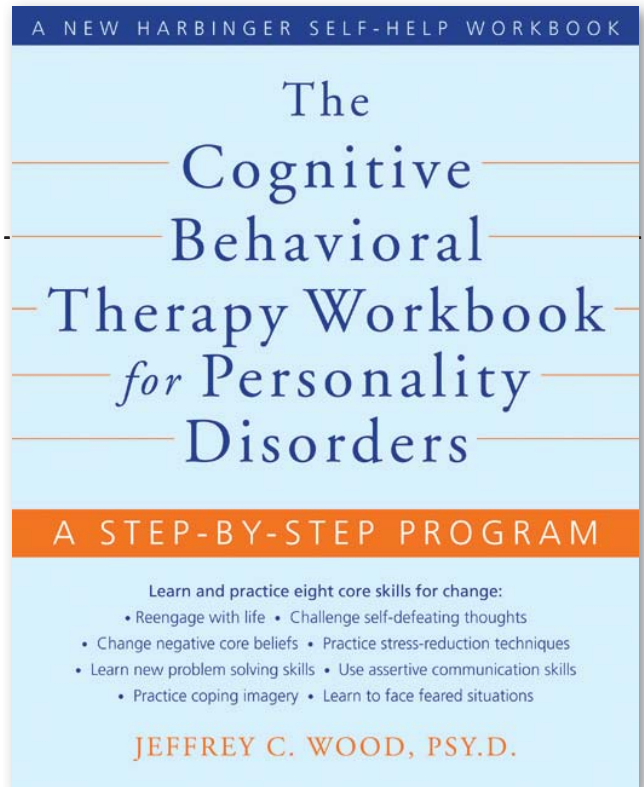
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Break Free From Your Symptoms

Symptoms of personality disorders may seem to differ widely, but all personality disorders are characterized by entrenched patterns of thinking and behavior. People who have a personality disorder often they face feelings of uncertainty about your future and experience ongoing conflicts with your loved ones every day. These patters may seem impossible to change, but if they're ready to overcome their symptoms and create a more balanced life, they can.

The Cognitive Behavioral Therapy Workbook for Personality Disorders: A Step-by-Step Program is packed with exercises and worksheets that enable readers to put an end to the self-defeating thoughts that hold them back. Based in cognitive behavior therapy (CBT), a proven-effective treatment for personality disorders, ***The Cognitive Behavioral Therapy Workbook for Personality Disorders*** can help readers reconnect with life by teaching them a set of key skills for overcoming difficulties associated with the eleven most common personality disorders. They'll learn stress reduction, relaxation, and emotion-regulation techniques, and how best to communicate and cope with others while keeping their personality-disorder-related behaviors in check.



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