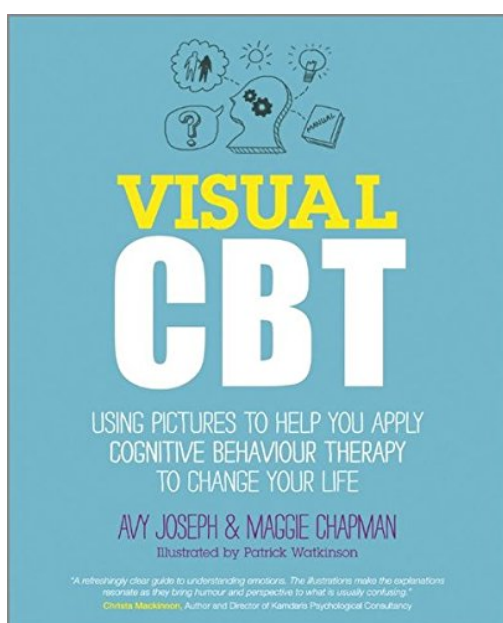


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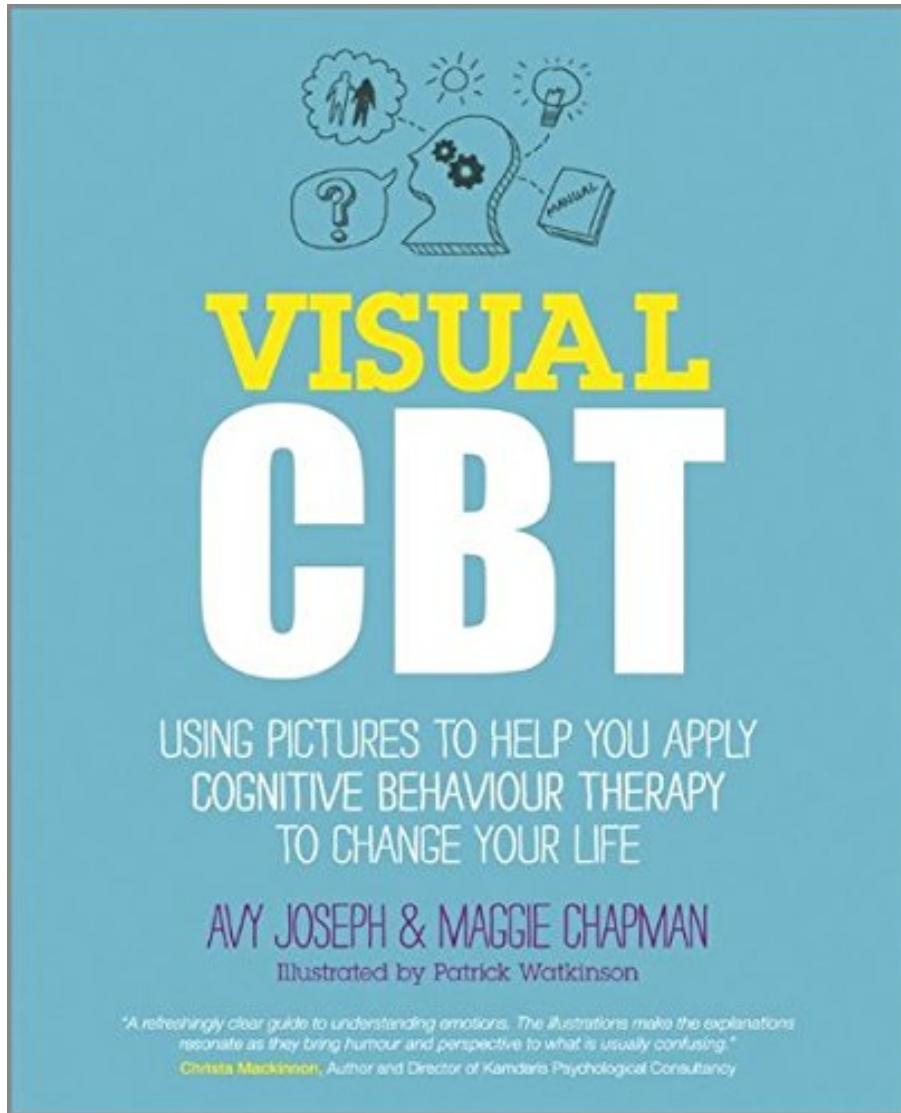
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Review

this original book helps you put CBT into practice. It uses pictures to help you change the way you think and feel, and the visual representations of thoughts are surprisingly effective. This isn't a dumbing down of CBT, more a very clear and new way of presenting it. (Healthy Magazine, April 2013) An ingenious new book... (Health & Fitness, May 2013) It's effective, as once we picture a problem, it's easier to resolve. Give it a go with Visual CBT (Top Sante, May 2013)

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