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Cognitive Behavior Therapy: Basics and Beyond (Hardback) Judith S. Beck. Published by Guilford Publications, United States (2020) ISBN 10: 1462544193 ISBN 13: 9781462544196. New. Hardcover. Quantity Available: 10. From: The Book Depository (London, United Kingdom) Seller Rating: ...

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**Cognitive therapy: Basics and beyond.**

Readers are encouraged to confirm the information contained in this book with other sources. Library of Congress Cataloging-in-Publication Data Beck, Judith S. Cognitive behavior therapy : basics and beyond / Judith S. Beck.-2nd ed. p. cm. Rev. ed. of: Cognitive therapy. c1995. Includes bibliographical references and index.

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32 COGNITIVE BEHAVIOR THERAPY: BASICS AND BEYOND · You begin to feel dysphoric. · You feel inclined to behave in a dysfunctional way (or to avoid behaving in an adaptive way). · You notice distressing changes in your body or mind. Having identified your automatic thoughts, you can, and probably

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