



Retrain Your Brain: Cognitive Behavioral Therapy in 7 Weeks: A Workbook for Managing Depression and Anxiety

Seth J. Gillihan PhD

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Masterfully written with relatable examples, *Cognitive Behavioral Therapy in 7 Weeks* allows the reader to quickly connect and feel understood, and offers hope for those who are looking to regain control over their life. **DR. ROBIN ZASIO, Psy. D., LCSW, director of The Anxiety Treatment Center of Sacramento, featured doctor on the A&E series *Hoarders***

Cognitive Behavioral Therapy (CBT) has proven to be the tipping point through which many people are finally able to make significant changes and break free of anxiety and depression. *Cognitive Behavioral Therapy in 7 Weeks* is an interactive workbook that outlines a simple, practical plan that occurs over the course of 7 weeks, and offers real, tangible relief from anxiety and depression. This is a cumulative workbook—the work you do each week builds upon that of the last and, ultimately, creates a lasting CBT “tool kit” that will prepare you to handle future challenges as they come.

In his private practice, licensed psychologist Dr. Seth Gillihan specializes in the use of cognitive-behavioral treatment for anxiety and depression. He concentrates on the specific needs of each patient by using the evidence-based, solution-focused treatment principles of CBT—the fundamentals of which are at the core of *Cognitive Behavioral Therapy in 7 Weeks*.

With *Cognitive Behavioral Therapy in 7 Weeks* you will:

- Become familiar with the basic principles of CBT and understand how it works
- Define specific goals that you’ll work toward over the course of 7 weeks
- Learn fundamental CBT skills through guided writing exercises that apply to your current, real-life challenges

Cognitive Behavioral Therapy in 7 Weeks is the most comprehensive yet efficient workbook available for using CBT to address anxiety and depression.

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Pauline Mueller:

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Nicholas Gober:

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Everett Barton:

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