



# **Cognitive Behavioral Therapy: A Mental Disorder Treatment To Defeat Addictions, Depression, and Anxieties, 2nd Edition**

*By Patrick Grayson*

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**Cognitive Behavioral Therapy: A Mental Disorder Treatment To Defeat Addictions, Depression, and Anxieties, 2nd Edition** By Patrick Grayson

**Revised and Improved, 2nd Edition RELEASED! June 6, 2015!**

## **The Mental Disorder Killer!**

Do you know anyone who suffers *mental disorders* such as depression, anxiety, personality disorders, mood disorders, and addictions?

Are *you* currently experiencing any of these disorders and feel as if it's hindering you from enjoying life to the fullest?

Did you know there is a *proven* and highly *effective* form of therapy *without* the need of medicine?

Cognitive behavioral therapy (CBT) will help you understand a new way of fixing your mental disorder problems. This form of treatment has changed many lives to this day.

**t's time for your life change!**

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**In This Book, You Will Learn:**

- The numerous amount of disorders that can be treated using this therapy
- The phases and stages of CBT
- How to assess the causes of depression and anxiety
- The applications of Cognitive Behavioral Therapy

- And much, much more!

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