

**The Cognitive Behavioral Workbook For Menopause: A
Step-by-Step Program For Overcoming Hot Flashes,
Mood Swings, Insomnia, Anxiety, Depression, And
Other Symptoms (New Harbinger Self-Help Workbook)
By Sheryl M Green PhD;Randi E. McCabe PhD;Claudio
N Soares MD PhD**

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The Cognitive Behavioral Therapy Workbook for Personality Disorders: A Step-by-Step Program (New Harbinger Self-Help Workbook) Wood PsyD, Jeffrey

Cognitive behavioral therapy (CBT) is a form of psychotherapy It was originally designed to treat depression, but is now used for a number of mental illnesses.

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