



CBT Worksheets for Anxiety (Adult version): A simple CBT workbook to record your progress when you use CBT for anxiety

Dr James Manning, Dr Nicola Ridgeway

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This book will be an ideal companion for those who decide to undertake CBT for anxiety. Full of useful exercises and blank CBT sheets, readers can keep all their CBT records in one place and look back on them whenever you need to. All the worksheets in this book can be photocopied so this book may also be useful for therapists working with their clients. This book is a sister book to CBT for anxiety written by the same authors. Each page has been written in a simple, straight-forward manner to help you make the most of your CBT.

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