



Idiot's Guides: Cognitive Behavioral Therapy

Jayne Albin, Eileen Bailey

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Cognitive behavioral therapy (CBT) is a therapy approach that addresses dysfunctional emotions and negative behaviors through goal setting and various coping techniques such as meditation, visualization, relaxation techniques, mindfulness, and more. Although it's commonly used by therapists to treat everything from phobias and eating disorders to anxiety and obsessive compulsive disorder (OCD), it's often patient-driven and many of the techniques can be learned and managed without the help of a therapist. *Idiot's Guides: Cognitive Behavioral Therapy* is designed to help readers to first learn how to recognize negative thought patterns or obsessive behaviors, and then teaches them how to employ simple yet highly effective techniques to help recognize and confront destructive behaviors on their own.

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