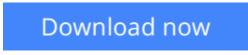


## How to Get the Most Out of CBT: A client's guide

Windy Dryden



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#### How to Get the Most Out of CBT: A client's guide Windy Dryden

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*How to Get the Most Out of Cognitive Behaviour Therapy (CBT)* is a concise and practical guide that will help you to understand the CBT process and how to make the most of your therapy, no matter which CBT approach your therapist practises, so that you continue to benefit from it once therapy has ended and can learn to be your own therapist.

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