

COGNITIVE BEHAVIORAL THERAPY

The

CBT

Toolbox

A Workbook for Clients and Clinicians

Anxiety - Anger - Depression
Toxic Relationships
Codependency
Stress Management
Impulse Behaviors
Communication - Self-Esteem

JEFF RIGGENBACH, PhD, LPC

The Cbt Toolbox A Workbook For Clients And Clinicians

Karin Nielsen-Saines



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