



# **Cognitive Behavior Therapy: CBT Fundamentals and Applications: CBT To Cure Anxiety, Fight Depression, and Beat Back Against Natural Phobias (Cognitive Behavioral Therapy)**

*Nathan Bellow*

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## **Stop Allowing Your Stress, Anxiety, and Phobias to Rule Your Life**

**With Cognitive Behavioral Therapy, you can eliminate anxiety, depression, eating disorders, and substance abuse reliance and begin to live your life the way you've always wanted.**

This book demands to understand why you're living a sub-par life. Why are you allowing your stress, anxiety, depression, and eating disorders to persuade you to stay in your room, in your little house, without actively seeking power, fun, and LIFE? You are currently a prisoner to your emotions, to your thoughts and feelings. And you need to break the ties to these feelings in order to live, truly, for the first time.

## **Create a Plan of Action to Fight Back Against Your Negativity**

Your thoughts have the ultimate say in what you do, how you act, and how you succeed. Therefore, you need to learn to TRAIN your thoughts to allow you to do what you want. You must disallow your thoughts from allowing you to let things bother you. You must disallow your thoughts to have overall depressive powers on you. Only then, can you truly reach success and happiness.

## **Cognitive Behavioral Therapy Breathes Life Back into Your Mind**

The dull, cyclical pattern of your life is over. Your reliance on your substance abuse is over. Your depression, anxiety, and fear can be rectified. You are so much more than your thoughts. Stop bowing to them. Live like you've always wanted. You deserve it.

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