



# The Cognitive Behavioral Workbook for Depression: A Step-by-Step Program

*William J. Knaus EdD, Albert Ellis PhD*

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Cognitive behavioral therapy (CBT) is the most widely used treatment for depression for one simple reason: it works. The CBT program in this workbook has helped thousands of readers defeat the depressive thoughts and beliefs that keep them from enjoying life and feeling like themselves. Used alone or in conjunction with therapy, *The Cognitive Behavioral Workbook for Depression* delivers evidence-based tools you can confidently use to do better, feel better, and prevent depression from coming back.

Through a series of worksheets and exercises, you'll evaluate your depression and learn key skills for overcoming it. Once you have your depression symptoms under control, you will appreciate the additional information on preventing relapse that is special to this new edition. This workbook also includes twenty-five bonus tips from depression experts that can jump-start your recovery. Recommended by therapists nationwide, this workbook will help you bounce back from depression, one solid step at a time.

Includes worksheets and exercises that will help you:

- Move past the negative beliefs about yourself that keep you trapped in the depression cycle
- Apply behavioral techniques that therapists use with their clients, such as activity scheduling
- Discover effective ways to cope with feelings of stress, anxiety, and anger
- Avoid procrastinating and learn to anchor the positive changes you make to maintain your progress

“Chock-full of the ready-to-use strategies you will need to help you feel good again.”

—Jon Carlson, PsyD, EdD, Distinguished Professor at Governors State University

This book has received the prestigious accolade of being included in *The Albert Ellis Tribute Book Series*—created to honor the life and work of Albert Ellis, the founder of rational emotive behavioral therapy (REBT). REBT is one of the most widely-practiced therapies throughout the world and is the foundation for cognitive-behavioral therapy and other evidence-based approaches. These books provide proven-effective treatments and tools to improve psychological well-being, while also supporting advancements in psychotherapy for the betterment of humanity.

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#### **Mary Marshall:**

The reason why? Because this The Cognitive Behavioral Workbook for Depression: A Step-by-Step Program is an unordinary book that the inside of the publication waiting for you to snap the idea but latter it will zap you with the secret the idea inside. Reading this book next to it was fantastic author who all write the book in such remarkable way makes the content on the inside easier to understand, entertaining approach but still convey the meaning completely. So , it is good for you for not hesitating having this anymore or you going to regret it. This amazing book will give you a lot of gains than the other book include such as help improving your talent and your critical thinking means. So , still want to delay having that book? If I ended up you I will go to the e-book store hurriedly.

#### **Billy Benitez:**

Playing with family in the park, coming to see the coastal world or hanging out with good friends is thing that usually you have done when you have spare time, subsequently why you don't try factor that really opposite from that. One particular activity that make you not sense tired but still relaxing, trilling like on roller coaster you already been ride on and with addition info. Even you love The Cognitive Behavioral Workbook for Depression: A Step-by-Step Program, you could enjoy both. It is excellent combination right, you still would like to miss it? What kind of hang-out type is it? Oh come on its mind hangout people. What? Still don't get it, oh come on its identified as reading friends.

#### **William Looney:**

In this era which is the greater man or woman or who has ability in doing something more are more treasured than other. Do you want to become certainly one of it? It is just simple method to have that. What you are related is just spending your time not much but quite enough to get a look at some books. On the list of books in the top list in your reading list will be The Cognitive Behavioral Workbook for Depression: A Step-by-Step Program. This book which is qualified as The Hungry Slopes can get you closer in getting precious person. By looking upwards and review this guide you can get many advantages.

#### **Yong Dickerson:**

Some people said that they feel fed up when they reading a publication. They are directly felt the item when they get a half regions of the book. You can choose often the book The Cognitive Behavioral Workbook for Depression: A Step-by-Step Program to make your personal reading is interesting. Your current skill of reading expertise is developing when you such as reading. Try to choose simple book to make you enjoy you just read it and mingle the opinion about book and looking at especially. It is to be 1st opinion for you to like to open a book and read it. Beside that the e-book The Cognitive Behavioral Workbook for Depression: A Step-by-Step Program can to be your friend when you're feel alone and confuse with the information must you're doing of this time.

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