

THINK GOOD FEEL GOOD WORKBOOK



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Description Think Good Feel Good is an exciting and pioneering new practical resource in print and on the internet for undertaking CBT with children and young people.

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Think Good Feel Good A Cognitive Behaviour Therapy

This is an excellent workbook for professionals working with children to help them think good and feel good. I have been looking for this kind of book for my depressed child clients and have now found it. It has many worksheets that can be incorporated into therapy. Very user friendly.

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