



# **Cognitive Behavioral Therapy: 7 Ways to Freedom from Anxiety, Depression, and Intrusive Thoughts (Training, Techniques, Course, Self-Help)**

*Lawrence Wallace*

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## **A Practical Guide to Mental and Emotional *Freedom!***

***Take action now and download this book for a limited time discount!***

**Feeling lost about how to effectively treat disturbing intrusive thoughts? *You're not alone!***

This book contains the best advice from a former sufferer of anxiety, depression, and intrusive thoughts. This book is inspired by compassion and meant as a gift to fellow casualties of negative thought patterns, destructive behaviours, self-loathers, and those wishing freedom from persistent demons. Only by meeting our demons face to face can we hope to prevail and achieve inner peace.

## **Happiness is a trainable, attainable *skill!***

The most proven method for successfully treating mental suffering is CBT. However, there are also complimentary practices coming from Buddhist and Stoic philosophy. This book is aimed at equipping you with the best and most effective techniques for overcoming depression, anxiety, and intrusive thoughts. These are long-term solutions and have stood the test of time and scientific rigour.

**Self-compassion is at the heart CBT. Take a chance on this book today!**

## **Exactly What You Will Learn...**

How To...

- **Understand the Obstacles in Your Life**
- **Embrace Your Fate in a Loving Way**
- **Turn Tragedy into Triumph**

- **Open to Change, Discover Wisdom, and Let Go**
- **Wise Discernment: *Good or Bad Advice?***
- **Perform Experiments in the Mind's Laboratory***(P.S. This is the best chapter – feel free to skip ahead!)*
- **Being *the Mountain* for Family, Friends, Community, and Humanity**

## ***One-Click for a Healthier, Happier Mind!***

Tags: Training, Techniques, Course, Self-Help, Online, Books, Anxiety, Depression, Cure, Insomnia, Phobias, Intrusive Thoughts, CBT, Cognitive Behavioural Therapy, Your Stress-Free Life.

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