

A NEW HARBINGER SELF-HELP WORKBOOK

The Cognitive Behavioral Therapy Workbook

Evidence-Based CBT Skills to
Help You Manage Stress, Anxiety,
Depression, and More

MICHAEL A. TOMPKINS, PHD, ABPP

FOREWORD BY JUDITH S. BECK, PHD

Cognitive Behavioral Therapy Skills Workbook

Kathleen Armour



Cognitive Behavioral Therapy Skills Workbook:

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