



The Cognitive Behavioral Workbook for Depression: A Step-by-step Program (Workbook)

By William J. Knaus EdD

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Powerful Tools for Overcoming Depression

Do you think that you could lessen or overcome your feelings of depression if only you had the right tools? Are you ready to help yourself stop feeling depressed? If so, then you've found a powerful resource. **The Cognitive Behavioral Workbook for Depression** is a complete, comprehensive, step-by-step approach you can use, on your own or working with a therapist, to manage and conquer depression.

Using techniques from cognitive behavioral therapy (CBT) and rational emotive behavior therapy (REBT), you'll develop a plan for breaking your cycle of depression. You'll learn to recognize and dispute the irrational thoughts and depressive beliefs that keep you feeling down. You'll also discover ways to guard against emotions that often occur with depression, like anxiety and anger. As you proceed through the book's chapters and exercises, you'll build stronger defenses against depression, which will help you maintain your progress.

The powerful tools in this book will help you:

- Develop a personalized plan for change
- Assess your depression and learn how best to overcome it
- Defeat depressive thought and beliefs
- Overcome thoughts of helplessness, worthlessness, and self-blaming
- Avoid perfectionism and frustration
- Manage stress and depressive sensations
- Use special cognitive and behavioral techniques for positive change

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The Cognitive Behavioral Workbook for Depression: A Step-by-step Program (Workbook) By William J. Knaus EdD Bibliography

- Sales Rank: #257466 in Books
- Brand: Brand: New Harbinger Publications
- Published on: 2006-11-01
- Original language: English
- Number of items: 1
- Dimensions: .71" h x 8.54" w x 11.00" l, 1.65 pounds
- Binding: Paperback

- 368 pages

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Editorial Review

Review

The Cognitive Behavioral Workbook for Depression sets a new high standard for psychological self-help books. Within these pages, Knaus blends rational emotive behavioral therapy, cognitive therapy, and cognitive behavioral therapy with his insights and innovative techniques to create a powerful step-by-step program for defeating depressive thinking and preventing relapses.

—Richard Sprinthall, Ph.D., professor of psychology and director of graduate Studies in educational psychology at American International College in Springfield, MA

From the Publisher

A prominent psychologist specializing in depression offers readers step-by-step, clinically proven cognitive behavioral therapy (CBT) techniques to recognize and change depressive thinking.

About the Author

William J. Knaus, EdD, is a licensed psychologist with more than forty-six years of clinical experience working with people suffering from anxiety, depression, and procrastination. He has appeared on numerous regional and national television shows, including *The Today Show*, and more than 100 radio shows. His ideas have appeared in national magazines such as *U.S. News & World Report* and *Good Housekeeping*, and major newspapers such as *The Washington Post* and the *Chicago Tribune*. He is one of the original directors of postdoctoral psychotherapy training in rational emotive behavior therapy (REBT). Knaus is the author or coauthor of over twenty books, including *The Cognitive Behavioral Workbook for Anxiety*, *The Cognitive Behavioral Workbook for Depression*, and *The Procrastination Workbook*.

Dr. Albert Ellis (1913-2007) was the author of more than 65 books on psychotherapy, relationship therapy, and self-help, including *Feeling Better*, *Getting Better*, *Staying Better*; *Rational Emotive Behavior Therapy: A Therapist's Guide*; *Making Intimate Connections* and *How to Make Yourself Happy and Remarkably Less Disturbable*. He published over 700 articles and composed more than 200 rational songs.

Dr. Ellis was rated by psychologists and counselors in the United States as one of the most influential psychologists of our time. He "revolutionized" psychotherapy since 1955, when he created Rational Emotive Behavior Therapy (REBT), the first of the now-popular cognitive behavior therapies. Dr. Ellis was a practicing psychologist, president of the Albert Ellis Institute in New York City, and a featured speaker at workshops and conferences throughout the world. He received many awards, including distinguished psychologist, scientific researcher, and distinguished psychological practitioner from several associations, including the American Humanist Association, American Academy of Psychotherapists, Society for the Study for Scientific Sex, American Association of Sex Educators, Counselors, and Therapists, and Academy of Psychologists in Marital and Family Therapy. He also earned one of the highest awards of the American Psychological Association: Distinguished Professional Contribution to Knowledge.

Users Review

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Julianna Pepper:

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Jennifer Oaks:

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Dolores Wade:

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Leslie James:

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do the world has grown up. The terminology styles that writer use for explain it is easy to understand. Typically the writer made some investigation when he makes this book. Here is why this book suitable all of you.

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