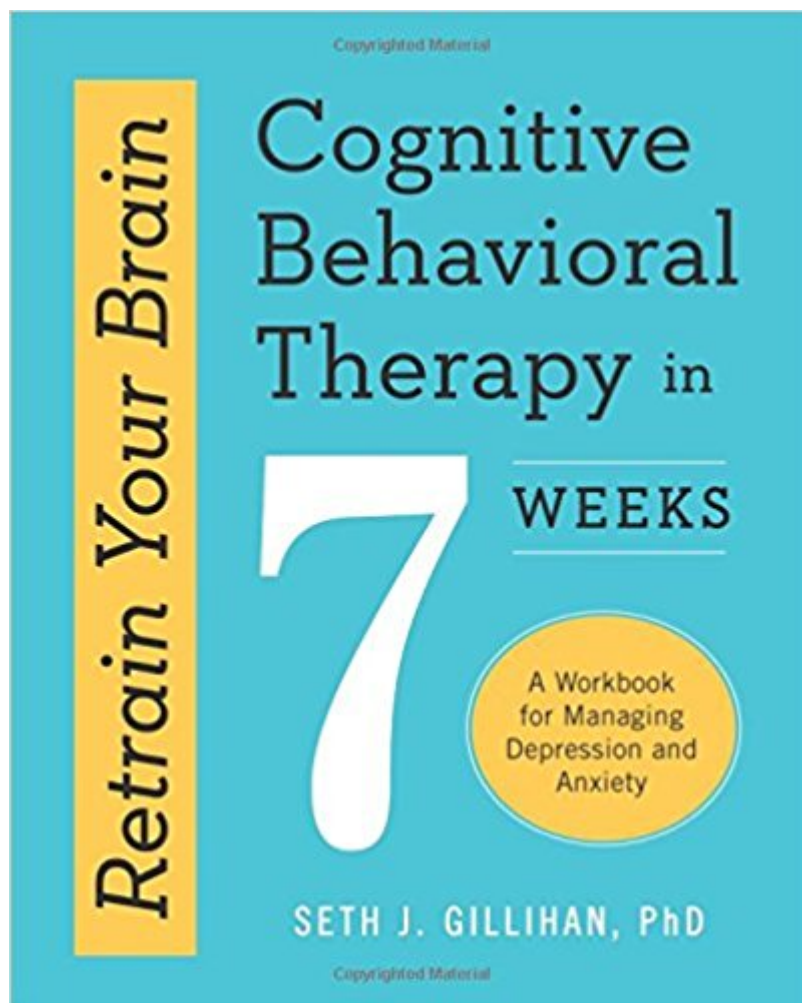




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# Retrain Your Brain: Cognitive Behavioral Therapy In 7 Weeks: A Workbook For Managing Depression And Anxiety



## Synopsis

Masterfully written with relatable examples, *Cognitive Behavioral Therapy in 7 Weeks* allows the reader to quickly connect and feel understood, and offers hope for those who are looking to regain control over their life. Dr. ROBIN ZASIO, Psy. D., LCSW, director of The Anxiety Treatment Center of Sacramento, featured doctor on the A&E series *Hoarders*. Cognitive Behavioral Therapy (CBT) has proven to be the tipping point through which many people are finally able to make significant changes and break free of anxiety and depression. *Cognitive Behavioral Therapy in 7 Weeks* is an interactive workbook that outlines a simple, practical plan that occurs over the course of 7 weeks, and offers real, tangible relief from anxiety and depression. This is a cumulative workbook—the work you do each week builds upon that of the last and, ultimately, creates a lasting CBT “tool kit” that will prepare you to handle future challenges as they come. In his private practice, licensed psychologist Dr. Seth Gillihan specializes in the use of cognitive-behavioral treatment for anxiety and depression. He concentrates on the specific needs of each patient by using the evidence-based, solution-focused treatment principles of CBT—the fundamentals of which are at the core of *Cognitive Behavioral Therapy in 7 Weeks*. With *Cognitive Behavioral Therapy in 7 Weeks* you will:

- Become familiar with the basic principles of CBT and understand how it works
- Define specific goals that you’ll work toward over the course of 7 weeks
- Learn fundamental CBT skills through guided writing exercises that apply to your current, real-life challenges

*Cognitive Behavioral Therapy in 7 Weeks* is the most comprehensive yet efficient workbook available for using CBT to address anxiety and depression.

## Book Information

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## Customer Reviews

“If you are struggling with depression and anxiety, this manual is unequivocally a must have. This easy to follow guide clearly and systematically outlines the principles of CBT and personal application. This book is masterfully written with relatable examples, allowing the reader to connect and feel understood, offering hope for those who are looking to regain control over their life. This is the newest addition to the self-help library at The Anxiety Treatment Center of Sacramento.”  
— Robin Zasio, Psy.D., LCSW, The Anxiety Treatment Center of Sacramento

“Dr. Gillihan’s down-to-earth writing style, coupled with his use of concrete examples from his personal and professional life, makes CBT in 7 Weeks a winner, and I highly recommend this book. The exercises are broken down into small steps and the reader is encouraged to revisit each chapter as necessary. This is a stress-free, user-friendly workbook to help people manage anxiety and depression.”  
— Janet Singer, author of *Overcoming OCD: A Journey to Recovery*

“Cognitive Behavioral Therapy in 7 Weeks: Retrain Your Brain to Manage Depression and Anxiety is a focused and goal-oriented tool for those who are affected by depression and/or anxiety. Dr. Gillihan introduces the reader to a multitude of evidence-based cognitive behavioral strategies in a well-structured program. The “one chapter per week” workbook approach encourages active participation, self-reflection, and skill building over the course of the 7-week journey. Dr. Gillihan’s compassionate understanding of the human experience, especially of those walking through seasons of depression and anxiety, is evident throughout.”  
— Kathleen M. Rupertus, PsyD, Founder/Director of The Anxiety and OCD Treatment Center (Wilmington, Delaware); co-author of *Loving Someone with OCD*

“As a cognitive behavioral therapist, I have struggled to find a resource that clearly explains how to apply the method of CBT. Dr. Gillihan has filled this niche with this beautifully written, highly informative, and approachable book. His voice is relatable, compassionate, and encouraging. Each chapter includes helpful exercises that mirror the kind of “homework” that would be completed in actual therapy. This book is an asset to those who have struggled with anxiety or depression as well as clinicians who want a resource for their patients.”  
— Elizabeth A. Gordon, PhD, Clinical Psychologist, Anxiety and OCD Treatment Center of Philadelphia

“So many workbooks for anxiety and mood disorders are either scientifically grounded or accessible, but not both. Dr. Gillihan manages to accomplish both in a book that is action oriented and draws from a broad range of empirically supported methods. Application of effective treatments is one of the greatest obstacles facing the field of mental health, and this workbook is a significant step in the right direction. I would recommend it to anyone battling

anxiety and/or depression, and to clinicians learning to translate principles into practice.

“Mark B. Powers, PhD, Director, Trauma and Resilience Program, Department of Psychology, University of Texas at Austin “Dr. Seth Gillihan has crafted an engaging, self-directed treatment guide based on the research-proven fundamentals of cognitive behavioral therapy. In just 7 weeks, readers can learn essential skills to conquering a wide-range of anxiety and mood struggles. Relatable examples and easy-to-follow exercises walk the reader step-by-step through strategies to more effectively manage emotional difficulties that can interfere with life. This is a great way to begin applying CBT principles in your own life and can serve as a useful basis for psychological treatment with a therapist. “Marla W. Deibler, PsyD, Licensed Clinical Psychologist and Founder and Executive Director of The Center for Emotional Health of Greater Philadelphia “Approachable and comprehensive. Driven by illustrative cases and useful exercises with clear, concise summaries of the underlying theory and supporting evidence. A must-read for anyone seeking life improvement through reduced depression and anxiety.

“Ben Hunter, MD “Dr. Gillihan has provided an easy-to-follow roadmap for the millions who struggle with depression and anxiety. Grounded in relatable and realistic examples, Dr. Gillihan helps the reader become aware of how identifying one’s own values and passions can help them achieve their personal goals and desires. I particularly liked the section called “Breaking Negative Thought Patterns” which teaches how recognize when our thoughts are doing us a disservice, and making us overly worried or fearful. The short exercises he provides allow the reader to examine the fact that our thoughts often don’t accurately reflect reality. “Mitchell Greene, PhD, Clinical and Sport Psychologist, Haverford, PA “Whether used as a standalone program for people who want or need to try a program of self-help, or to reinforce cognitive behavioral therapy sessions with a therapist, Cognitive Behavioral Therapy in 7 Weeks is an accessible guide for anyone who wants to apply cognitive behavioral therapy in their day-to-day lives. It breaks down proven strategies for depression and anxiety into simple steps that can be taken to address a variety of different challenges. By the end, the reader will have a set of tools to identify and challenge unhelpful thinking patterns, change behaviors that are keeping them depressed or anxious, set and achieve goals, and increase activities that they enjoy and value. “Shannon Wiltsey Stirman, PhD, Assistant Professor, Stanford University Department of Psychiatry and Behavioral Sciences “Without diluting the science and power of CBT, Dr. Gillihan guides you through a clear, gentle and deeply rewarding journey that can help you live more freely and fully. Whether you face depression or anxiety, Cognitive Behavioral Therapy in 7 Weeks will empower you to harness your strengths and overcome negative

thoughts. Like a great coach, Dr. Gillihan helps you to identify what you do well, where you are struggling and then walks alongside you as you practice ways of living without doubt, worry and sadness. The straightforward exercises, descriptive scenarios, and practical advice make this book an indispensable tool for anyone searching to take back his or her life.

—Matthew O. Hurford, MD, Vice President of Medical Affairs, Community Care Behavioral Health Organization, Pittsburgh, PA

“Seth Gillihan’s plain-spoken, calming style effectively fosters the techniques, skills, and insights he shared with his clients. His ability to connect with people who struggle with anxiety or depression is unmatched in my experience, so it is gratifying to see that he will be connecting with thousands of people, one at a time, through this thoroughly engaging, practical guide.”

—Robert J. DeRubeis, PhD, Samuel H. Preston Professor in the Social Sciences and Professor of Psychology, University of Pennsylvania

Seth J. Gillihan, PhD, is a licensed psychologist and Clinical Assistant Professor of Psychology in the Psychiatry Department at the University of Pennsylvania. He has a clinical practice in Haverford, PA, where he specialized in CBT and mindfulness-based interventions.

This book is it, for me, this was the one I read cover to cover and actually followed through with the activities. I started and stopped twice in the beginning, but did complete the entire thing. I can’t say enough about it, and highly recommend this book. The introduction is great and had me interested quickly. This author speaks freely and the tone is comfortable and easy to understand. The breakdown of WHY and HOW is not intimidating and actually very interesting. Especially the history of different methods used for patients with anxiety. This Workbook would work for anyone really, not just someone looking to overcome specific struggles. My husband isn’t into these types of books, but did read the intro and was very interested in the author’s reasoning. Now that I’ve completed the book, he will be reading it himself. I found the little brainstorm sections really helpful and was glad to have them there to help apply the new thought processes I was practicing. I included some pictures of the pages and hope it helps. I plan to send a copy to my sister, that’s the highest praise I can say..I’m purchasing another copy as a gift to someone. The information here is well thought out, backed with sources and encouraging throughout the book. I recommend this book over others I’ve read. If you’re looking to just be a happier person or for tools to handle life’s ups and downs this is a great resource to help.

Very pleased with this purchase! I haven’t been able to go to a therapist in quite some time but I’ve

already received more from this book in two weeks than I have from probably ALL of my past therapists combined. Well, one specific therapist excluded, but he was amazing! (DBT therapist)

Very good information. Very easy to read and with so much valuable tips!

Great therapeutic book. I enjoy it, thank you!

As someone who has benefitted from CBT (cognitive behavioral therapy), I highly recommend this book - and wish it had been written years ago! I come from a family with a history of anxiety and depression, and was both told - and believed - I would be plagued by this history for most if not all of my life. However, through the use of CBT, I was able to work through crippling anxiety and almost daily panic attacks to a place where I have been free of these chronic experiences for years. And, as someone who uses both "self-help" approaches in addition to a relationship with a therapist, I think anyone seeking healing, breakthrough, and full recovery will find this book life-changing. Dr. Gillihan's book provides context and comparison to other approaches, providing an easy understanding of what CBT is and why it works, along with relevant, real-world examples that demonstrate how others have tackled their own challenges through CBT. In addition, through its workbook style format, readers are provided with a tangible framework to quickly assess and address challenges they may be facing with everything from anxiety to depression to panic attacks, then helps them formulate and execute a personalized plan to address the issues they've identified. Anyone struggling to break through specific personal challenges will find huge value in utilizing this resource - and they can realize this value in a very short period of time. Written in a very personal and engaging way, I believe this book will have an enormous positive impact on people's lives, and is a great contribution to advancing the field and real-world use of CBT.

I was a bit skeptical about purchasing this book initially and after reading a couple of other reviews as well as peaking inside the book with the option "Look inside", I decided to give it a try and see if it would be an interesting reading. It was definitely entertaining and a good pick! I must say that I love everything about this book! It is smart and so different from what I expected...- I find very good that this book keeps you interested and totally involved...- It has A LOT of space to write your own ideas. It is almost like going to the psychologist/shrink: doctor will ask you questions and you will start talking.. in this case writing! And writing, is essentially putting down on paper everything that you have inside yourself.... the first way to analyze yourself or like keeping a diary (if you have ever

done that in your life).- Writing is a first step in getting conscious about the "inner you".- It has quiz and questions... everything to help understand yourself. To help question yourself! One that I found interesting was the "Depression Scale".. how much are you depressed from 1 to 5? "add up each column and write their total here:"- I like the graphic designer who arranged this book pagination: the format is very clean, modern and fresh.- I love that it is a good sized book (not too big and not too small) and that it is soo soft at the touch and bendable. Almost indestructible and easy to carry with you. It is such a pleasure to hold it in your hands.How many times do we criticize other people? How much do we like gossiping? And how much do we look at our own problems instead?? Nearly never. This because talking about other people is always easier than looking in the mirror.... BUT if you start from yourself, the one you are deep inside... there is so much more you can achieve.This is clearly not a miracle book (obviously) but if you have purchased it, it means that you are willing to make a change in your life. And that is a start! :)I think that \$14.95 is a very fair and honest price for this book. It is a complete book and a start, a beginning to CBT... very well done, can be very useful and inspiring. A good way to exercise your brain for sure, because it makes you think about yourself and makes you literally "retrain your brain".I would definitely recommend it!

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