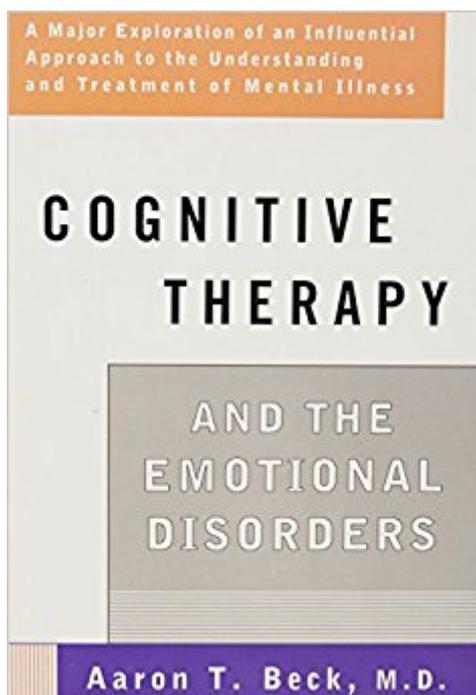


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# Cognitive Therapy And The Emotional Disorders (Meridian)



## Synopsis

Beck, one of the founders of cognitive therapy, provides a comprehensive guide to its theory and practice.

## Book Information

Series: Meridian

Paperback: 368 pages

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Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (25 customer reviews)

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## Customer Reviews

A basic introduction to cognitive therapy by its most prominent founder. After 21 years, still the most-cited book on the subject -- and the one I most often recommend to new patients. Cognitive therapy (including its extended form, cognitive-behavioral therapy, or CBT) has an unmatched track record for getting results. In this book Dr. Aaron Beck explains clearly and persuasively just how and why it works. For additional book recommendations and other basic information on CBT, you're welcome to visit my homepage at [...]

Having heard about "cognitive therapy" and how successful it can be, I recently decided to order this book from in hope of learning more about this widely recognized and demonstrated psychotherapeutic model and approach. I am really glad that I did, as I can honestly say, sans all exaggeration, that thoughtfully perusing this book from the late 1970s has probably helped me more than reading/studying any book on psychology or "self help" has helped me in many years. While contemplating some of the logical insights this book contains, I found myself, almost unintentionally, rather quickly identifying and correcting a few of my own erroneous "automatic thoughts" and

thereby adroitly overcoming a major acute irrational neurotic/phobic fear that, quite frankly, had personally haunted me for decades, apparently as a result of some repeated direct exposure to major trauma when I was younger and subsequent hysteric "somatic imaging". Otherwise, I am pleased to report that this book is quite understandable, even though it is in no way "dummied down". While the narrative contains a few technical terms and occasional "big words", I think that, overall, this book is quite accessible, informative, and even "common sensical" for an intelligent/educated layperson. The reader does not have to be a trained mental health professional to benefit significantly from reading this book or to comprehend the information that it contains.

Dr Beck's book is particularly comprehensive and advances a strong argument for the establishment of Cognitive Therapy - it is, of course, accepted now as a valuable tool in the fight against the various anxiety/emotional disorders. The book itself is directed towards the academic or professional reader and, although it is useful for the interested lay reader, I found the book to have excessive "psychobabble". On numerous occasions I found myself saying that a much simpler language would have sufficed. Furthermore there is a hint of patronisation running through the text - again indicating that the book is not really for lay readers. Notwithstanding, the book is more than 20 years old yet is still a landmark in its field. Recommended for the student but only for the (already) well-informed lay reader.

A great book for anyone who has any emotional disorder, or knows someone who does, or who simply finds the subject interesting. The author is a groundbreaking psychotherapist, who compares his premises and beliefs with those of previous schools of therapy. Profound and credible.

Purchased this book to write my thesis and it is excellent. The book is well-written, by the developer of Cognitive Therapy, now Cognitive Behavior Therapy, and is easy to read. Has a lot of foundational principles and has been updated since the first edition.

According to the author, a person does need to be a victim of externals or of the Past or of a psychological diagnosis. Beck makes it clear: "As we shall see, the deviant meanings constitute the cognitive distortions that form the core of emotional disorders." (page 49) "Men are not moved by things, but the views which they take of them" (Epictetus). I wish all therapists, couples intended on having children, ministers and pastors would read this book. This book shows what a person needs to understand to make life meaningful. Although I suffer from Major Depression-Recurrent and

Anxiety, this book encourages me not to remain a victim but instructs me in several ways. "Beck writes that Meaning provides the richness of life." He adds that "it is impossible to understand the human being without such important cognitive constructs as the self-image, self-esteem, self-identity, identification, hope, (and) projection of the self into the future."

Wonderful and very informative book. I'm glad I purchased it. It helped me to understand CBT. This method of therapy is explained in a way that someone not in the medical field can understand. I purchased the book "used" through at a reasonable price. Thank you, !

This is the homo sapiens operating system kernel. If you are serious about CBT, please go back to the canon. Derivative works like "Feeling Good" will not cut it if you are serious about reverse engineering yourself or those around you. I have been reading "Action Inquiry" (Torbert) and many of the concepts re: human developmental levels lend themselves to CBT debug methods.

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