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# Cognitive Behavioural Coaching Techniques FOR DUMMIES

## Learn to:

- Master the tools and techniques of Cognitive Behavioural Coaching
- Coach yourself and others for greater success and happiness
- Use CBE techniques at home and at work
- Overcome negative thoughts and take responsibility for your actions

**Helen Whitten**

Accredited coach, mediator, facilitator,  
and more



# Cognitive Behavioural Coaching Techniques For Dummies

**M Mosston**



## **Cognitive Behavioural Coaching Techniques For Dummies:**

## **Cognitive Behavioural Coaching Techniques For Dummies** Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Cognitive Behavioural Coaching Techniques For Dummies**," published by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound affect our existence. Throughout this critique, we shall delve to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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