

## *Life Coaching A Cognitive Behavioural Approach*

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Michael Neenan is Associate Director of the Centre for Stress Management and Centre for Coaching, Blackheath, and a BABCP accredited cognitive behavioural therapist. He has written and edited over 20 books. Windy Dryden is Professor of Psychotherapeutic Studies at

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The CBT triangle CBT helps you learn how to change your thoughts (cognitions) and your actions (behaviours), which is why it is called cognitive behavioural therapy. This is important because, in any given situation, you will have thoughts and feelings about it and behaviours

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