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- Coach yourself and others to greater success and happiness
- Use CBC techniques at home and at work
- Overcome negative thoughts and take responsibility for your actions

Helen Whitten

*Accredited coach, mediator, facilitator,
and trainer*



Cognitive Behavioural Coaching Techniques For Dummies

Terry C. Jones



Cognitive Behavioural Coaching Techniques For Dummies:

Cognitive Behavioural Coaching Techniques For Dummies Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the ability of words has become more evident than ever. They have the capacity to inspire, provoke, and ignite change. Such is the essence of the book **Cognitive Behavioural Coaching Techniques For Dummies**, a literary masterpiece that delves deep in to the significance of words and their impact on our lives. Published by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall affect readers.

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