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process that combines the tenets of cognitive behavioral therapy (CBT) with health coaching best practices to retrain both the brain and the body.

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*Self-help therapies - NHS*

SelfHelpWorks uses an engaging online video format to deliver evidence-based cognitive behavioral training self-management programs online. They are an ideal low-cost adjunct or alternative to live or telephonic coaching, and participants love them - even those with low literacy levels.

*Healthcare Providers - SelfHelpWorks*

Self-help isn't all joy and happiness, after all. It means pulling those resources which reside within you together enough to help

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yourself. Sharing your feelings, your experiences, your pain with...

*Self-Help Works: Powerful Resources Available Online*

A large wellness program provider compared the before and after annual Health Risk Assessment scores of 60,000+ participants who took at least one SelfHelpWorks program. These are the results of that study.

*Overview - SelfHelpWorks*

In the midst of all this, which causes more confusion for readers, Self-Help That Works

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is a gem! The authors have been meticulous in reviewing a long list of books, films, and online resources and selecting the best and most useful ones.

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Overcoming Depression: A Self-help Guide by Gilbert; Overcoming Anxiety: A Self-help Guide by Kennerley; Overcoming Anxiety, Stress and Panic by Williams . OCD Support Groups and Discussion Forums. Other self-help resources include community led online forums and support groups. A good community group

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can make a real difference in guiding and helping people.

*OCD and Self-Help Resources | OCD-UK*

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