



# **Conquer The World!: How To Be Successful In Life By Overcoming Your Fears, Phobias, Addictions, Depression, And Anxieties Using Cognitive Behavioral Therapy**

*Crystal Johnson*

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## **Conquer The World!: How To Be Successful In Life By Overcoming Your Fears, Phobias, Addictions, Depression, And Anxieties Using Cognitive Behavioral Therapy** Crystal Johnson

After overcoming a rough childhood and early adulthood of depression, abuse, and anxiety, I wrote this book to explain how to use the techniques of Cognitive Behavioral Therapy to conquer your fears, phobias, anxieties, depression, and addictions.

With the idea that people are more than mere brains as well as more than mere bodies, Cognitive Behavioral scientists have integrated aspects of both Cognitive Therapy and Behavioral Therapy to make an improved version of both therapies.

In this book, I will explore a variety of techniques, from calm breathing and muscle relaxation techniques to practicing positive self-talk. Our actions inspire our thoughts, and our thoughts inspire our actions on an endless loop, and CBT helps you figure out how that loop works in your own mind-body system so that you can effectively find a way to break that loop and begin your walk toward success.

CBT consists broadly of a list of steps that are used to overcome negative thought or behavior patterns and replace them with positive thought patterns. These steps are the bedrock of CBT, and once you understand them, you will be equipped to overcome those areas of your life from which your own thoughts are holding you back from success.

The truth is that you are awesome, you are worth it, and given some time and a few powerful tools as your disposal, you can conquer the world and live the life you've always wanted to live.

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