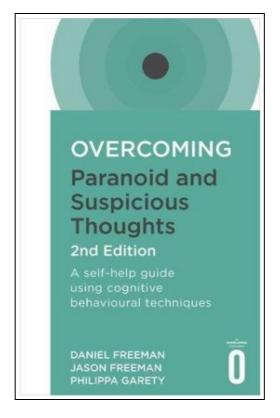
## Overcoming Paranoid and Suspicious Thoughts, 2nd Edition: A self-help guide using cognitive behavioural techniques (Paperback)



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Little, Brown Book Group, United Kingdom, 2016. Paperback. Condition: New. 2 Revised edition. Language: English. Brand New Book. This is the definitive practical guide from the leaders in the field on a hugely important topic. Written in an engaging, easy-to-understand style, the book tells how new research on paranoia is revealing how best to overcome it. The first edition helped many thousands of sufferers and the second edition promises even more. Mark Williams, Emeritus Professor of Clinical Psychology, University of Oxford, co-author of Mindfulness: Finding Peace in a Frantic World The authors of this excellent and timely book have played a major role in developing our understanding of how suspicious thoughts arise and, crucially, how we can learn to cope with them. Nicholas Tarier, Professor of Clinical Psychology, Manchester UniversityLearn how to overcome your feelings of paranoiaDo you feel as if others are out to get you? Research shows that 20-30 percent of people in the UK frequently have paranoid or suspicious thoughts about other people. These feelings can make life a misery.In this fully revised and expanded new edition, the authors explain how cognitive behavioural therapy (CBT) techniques can be used to treat this disorder by changing unhelpful patterns of behaviour and thought. Overcoming self-help guides use clinically proven CBT techniques to treat long-standing and disabling conditions, both psychological and physical. Many guides in the Overcoming series are recommended under the Reading Well Books on Prescription scheme.

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