


[DOWNLOAD](#)


Overcoming Distressing Voices (Paperback)

By Mark Hayward, David Kingdon, Clara Strauss

Little, Brown Book Group, United Kingdom, 2010. Paperback. Condition: New. Language: English . Brand New Book. Practical help for managing distressing voice hearing experiences Have you ever heard someone talking to you, but when you turned around no one was there? Voice hearing is more common than might be expected. Many of those who experience this phenomenon won't find it distressing, while some may find it extremely upsetting and even debilitating. Although the causes of voice hearing are many and varied, cognitive behavioural therapy (CBT) has been found to be a highly effective treatment for distressing voices. CBT can provide a powerful and positive way of coping with distressing voices, helping people to live well, even though the voice hearing may continue. Written by experts, this accessible self-help manual takes those affected by distressing voices on a journey of recovery and healing, based on the latest psychological research. Includes: * Clear explanations of what distressing voices are and what causes them * Techniques to explore and re-evaluate the links between self-esteem, beliefs about voices and feelings * Practical steps to reduce the distress that hearing voices causes * Consideration of the impact on friends and family, and advice for how they can help Overcoming self-help...


[READ ONLINE](#)

[4.64 MB]

Reviews

I actually began reading this article book. It is actually filled with wisdom and knowledge I realized this pdf from my i and dad recommended this publication to learn.

-- **Rhea Toy**

This composed publication is fantastic. I was able to comprehend everything using this composed e book. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Miss Ova Kuhn IV**