



Recommended Books

I. Books

[The CBT Toolbox for Young Adults: 170 Tools for Coping with Stress, Building Healthy Habits & Navigating Adulthood](#)

The CBT Toolbox for Young Adults offers 170 solution-focused exercises and activities designed to support young adults in developing greater independence, recognizing their unique strengths, and adopting healthy coping strategies for navigating life's changes.

[Developmental Cognitive Behavioral Therapy with Adults](#)

Developmental Cognitive Behavioral Therapy with Adults presents a new approach that integrates traditional CBT with a developmental psychopathology perspective. The book expands on standard CBT techniques, offering new assessment and therapy tools to address dysfunctional developmental patterns that impede on adult functioning.

[Cognitive Behavioral Therapy - 32 Strategies to Master Your Mind: The Beginners' At-Home Workbook to Transform Negative Thoughts and Stop Overthinking. Understand Your Emotions and Achieve Inner Peace: Kerwood, Charles](#)

MINDBRIDGE

In this book, you'll learn how to use CBT with step by step strategies, practical tools, and real – life examples to reframe negative thoughts, find effective coping techniques, and build self-awareness.

[Feeling Good: Overcome Depression and Anxiety with Proven Techniques](#)

Feeling Good: The New Mood Therapy is a self-help book by psychiatrist Dr. David D. Burns that introduced many to the practical applications of cognitive behavioral therapy (CBT). The book is a national bestseller with over five million copies sold, and has become a foundational resource for individuals struggling with depression, anxiety, low self-esteem, and negative thinking.

[Mind Over Mood: Change How You Feel by Changing the Way You Think](#)

Mind Over Mood offers step-by-step strategies grounded in cognitive-behavioral therapy to help readers overcome depression, anxiety, anger, and low self-esteem. This revised and expanded edition includes updated research, new exercises, and practical tools like worksheets and journals to support lasting emotional well-being.



**The CBT Workbook for Mental Health - by Simon Rego & Sarah Fader
(Paperback)**

The CBT Workbook for Mental Health offers practical, easy-to-follow exercises rooted in cognitive behavioral therapy to help you build emotional resilience and improve your mental well-being. It addresses common struggles like anxiety, stress, and self esteem coupled with expert guidance and short, targeted activities, making CBT accessible in everyday life.