



# Essential Components of Cognitive-Behavior Therapy for Depression

*By Jacqueline B. Persons, Joan Davidson, Michael A. Tompkins*

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This work aims to take readers on a thorough tour of the essential components of cognitive-behaviour therapy for depression. Throughout, the authors emphasize the theory and practices of Aaron T. Beck to create a book that is grounded in the best of CBT's traditions but that refines and fleshes out the practical aspects of its application. The method described is flexible enough to be used in disorders other than depression, including eating disorders and anxiety.

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