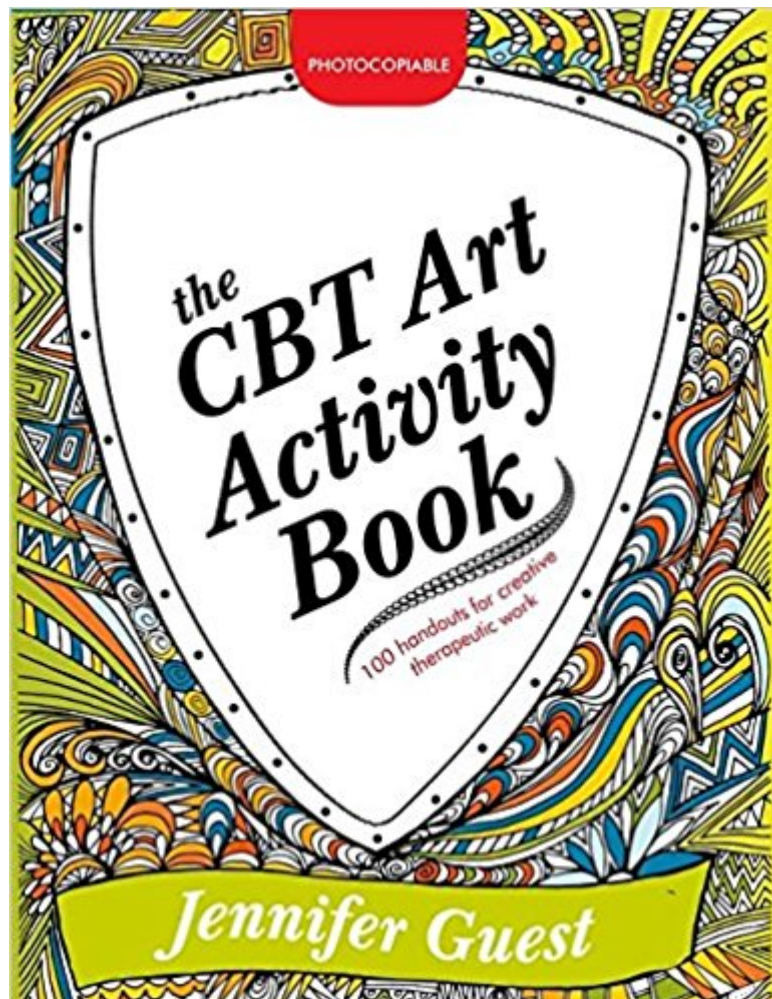


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# The CBT Art Activity Book: 100 Illustrated Handouts For Creative Therapeutic Work



## Synopsis

Explore complex emotions and enhance self-awareness with these 100 ready-to-use creative activities. The intricate, attractive designs are illustrated in the popular zentangle style and are suitable for adults and young people, in individual or group work. The worksheets use cognitive behavioural therapy (CBT) and art as therapy to address outcomes including improved self-esteem, emotional wellbeing, anger management, coping with change and loss, problem solving and future planning. The colouring pages are designed for relaxing stress management and feature a complete illustrated alphabet and series of striking mandala designs.

## Book Information

Paperback: 136 pages

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Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 starsÂ Â See all reviewsÂ (17 customer reviews)

Best Sellers Rank: #23,952 in Books (See Top 100 in Books) #17 inÂ Books > Textbooks >

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## Customer Reviews

As a person who has used CBT (Cognitive Behavioral Therapy) for many years, I found this book to be rather intriguing. Intriguing, you might say? Yes, because I'm a zentangle, doodle, and adult coloring book addict. I'm sure you never thought you'd hear someone talking about those things all together with CBT, but this book gives you the ability to use them all together. When I received the book in the mail I was initially struck at how high quality the paper was. I know, small potatoes when you are reviewing a book right? WRONG! I've had books with pages the consistency of paper, and I'd never want to read them again they were that frustrating. But this book is well constructed and of high quality. Now for a novice like me, I loved the graphics and topics that were presented by the author, Jennifer Guest. They, for the most part, were things that I could see myself using to work on some issues that I have within myself. (No insight for you, you know too much about me already from reading my reviews.) I loved the fact that I would be able to print off a copy of the worksheet

(yes they are photocopiable) and spend some time working with them, then color the border. Yes, I'm a geek! The beginning of the book gave a great detailed explanation of how the book could be used and the meanings of some particular psychological terminology. I found it quite insightful and helpful. The end of the book came with the bonus surprise (well not if you read the intro) pack of wonderful alphabet and mandalas to color. Then I went over to an elementary school guidance counselor that I know and asked her opinion, figuring it would be much more insightful than mine. She said the following: The prompts are simple but they get to the matter and emotion at hand.

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