



## Coping with Schizophrenia: A CBT Guide for Patients, Families and Caregivers

By Steven Jones, Peter Hayward

Oneworld Publications. Paperback. Book Condition: new. BRAND NEW, Coping with Schizophrenia: A CBT Guide for Patients, Families and Caregivers, Steven Jones, Peter Hayward, Specifically designed for people with a diagnosis of schizophrenia, their care-givers, friends and family, Coping with Schizophrenia is an empowering book that sensitively combines factual information with advice and encouragement. Drawing on the very latest research as well as their own extensive clinical experience, doctors Jones and Hayward present the facts of the condition, including definitions and symptoms, the truth (or not) behind common myths, advice on dealing with professionals, medication and its effectiveness, the benefits of cognitive therapy, and much, much more. The result is a uniquely informative and positive book that covers an enormous range of issues and offers those living with schizophrenia the opportunity to play a decisive role in managing and maintaining their own well-being.



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