

# **CBT Skills Workbook: Practical Exercises And Worksheets To Promote Change By Barry Gregory M.Ed. Ed.D. LMHC NCC**

**By Barry Gregory M.Ed. Ed.D. LMHC NCC**

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He is the clinical director at the Wellington Retreat in Florida and author of Cognitive-Behavioral Therapy Skills Workbook: practical worksheets and exercises

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Barry M. Gregory is the author of CBT Skills Workbook (3.75 avg rating, 8 ratings, 0 reviews, published 2010)

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