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Motivational Career Counselling & Coaching: Cognitive and Behavioural Approaches

Steve Sheward, Rhena Branch

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Motivational Career Counselling & Coaching is the first book to combine the theory and practice of Cbt with careers counseling, presenting cognitive and behavioral approaches to help clients think and act more effectively in challenging situations in order to obtain their goals. Rhena Branch-Goldsmiths and Steve Sheward provide clear, practical strategies and a wealth of materials that can be used with clients in one-to-one or group settings.

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