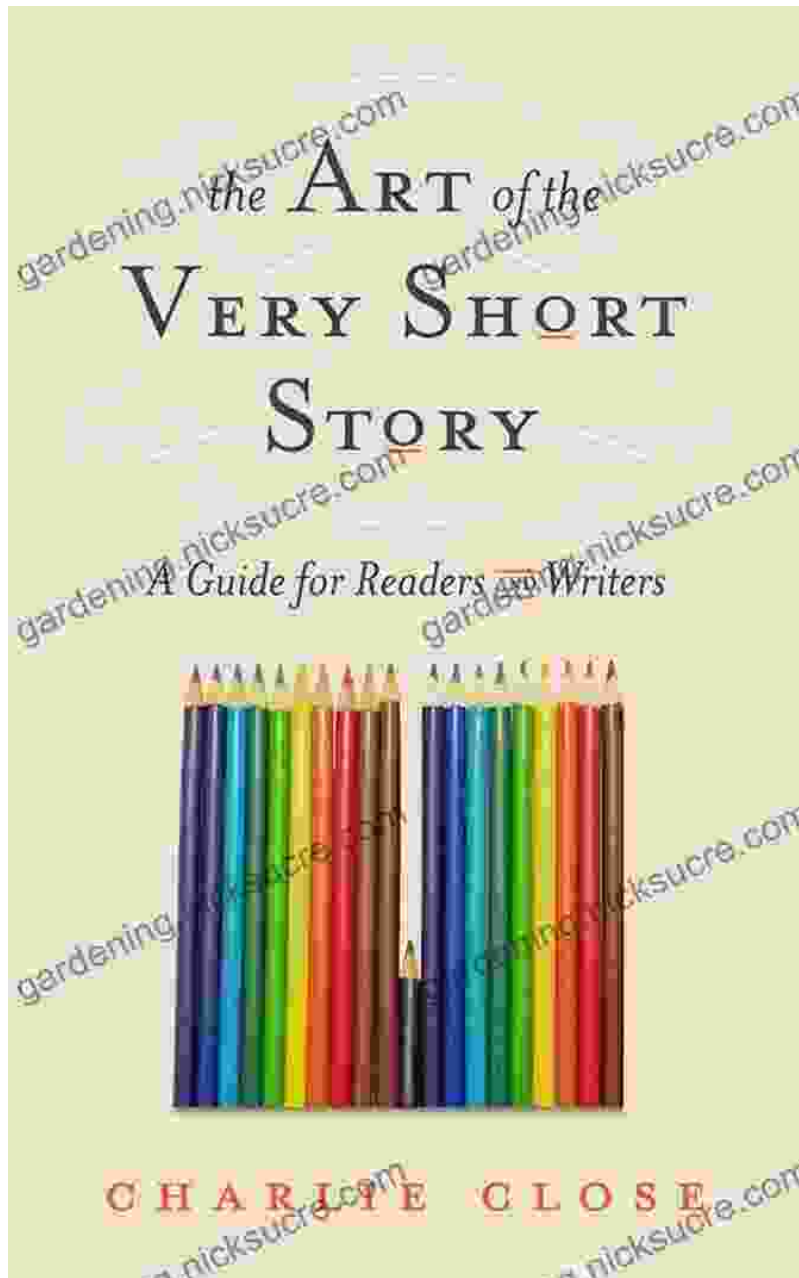


Very Short Introductions: A Comprehensive Guide to the World's Leading Academic Series



Cognitive Behavioural Therapy: A Very Short Introduction (Very Short Introductions) by Freda McManus

★★★★☆ 4 out of 5

Language : English



File size	: 3420 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 168 pages
Lending	: Enabled



Very Short s (VSIs) are a series of concise, accessible overviews of a wide range of academic subjects, written by expert authors.

Published by Oxford University Press, VSIs have sold over 9 million copies worldwide and have been translated into over 40 languages. They are the best-selling academic series in the world.

VSIs are designed to provide readers with a quick and easy way to learn about a new topic. They are written in a clear and engaging style, and they are packed with information.

Each VSI is about 100 pages long and it contains:

- A clear and concise overview of the topic
- Key concepts and ideas
- Historical and contextual information
- Bibliographical references

VSIs are written by leading experts in their fields, and they offer a global perspective on the topics they cover.

The VSI series covers a wide range of topics, including:

- History
- Philosophy
- Literature
- Science
- Religion
- Art
- Music
- Politics
- Economics
- Sociology
- Psychology
- Law
- Medicine
- Business

VSI's are a great way to get started on a new topic, or to brush up on your knowledge of a subject you already know something about.

They are also a great way to keep up with the latest research and scholarship in a field.

If you are interested in intellectual exploration and lifelong learning, then VSIs are the perfect resource for you.

Why Read Very Short s?

There are many reasons why you should read Very Short s.

- They are concise and accessible, making them perfect for busy people who want to learn about a new topic.
- They are written by leading experts in their fields, so you can be sure that you are getting accurate and up-to-date information.
- They offer a global perspective on the topics they cover, so you can learn about different cultures and perspectives.
- They are a great way to keep up with the latest research and scholarship in a field.
- They are an excellent resource for intellectual exploration and lifelong learning.

Very Short s are a valuable resource for anyone who wants to learn about a new topic, or to brush up on their knowledge of a subject they already know something about.

They are written by leading experts in their fields, and they offer a global perspective on the topics they cover.

If you are interested in intellectual exploration and lifelong learning, then VSIs are the perfect resource for you.



Cognitive Behavioural Therapy: A Very Short Introduction (Very Short Introductions) by Freda McManus

★★★★☆ 4 out of 5

Language : English
File size : 3420 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 168 pages
Lending : Enabled



A Comprehensive Guide for Budding Inventors and Backyard Builders: Unleashing Your Creativity and Innovation

For those with a restless mind and a passion for creation, the world of inventing and backyard building offers endless possibilities. Whether you're a budding inventor with...



The Ultimate Shopper's Guide to Purchasing Weight Lifting Equipment for Your Home Gym

Are you looking to build your own home gym but don't know where to start? This comprehensive guide will provide you with all the information you...

