

# Cognitive Behavioural Therapy (CBT): Teach Yourself By Christine Wilding

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The amber colors that you see are from linen threads and glass heishi beads.  
Reply Carapace said, February 8, 2009 at 2:23 am Holy crow.  
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Author information. Christine Wilding's (Kent, England) books on CBT have sold over 50,000 copies. She holds a postgraduate diploma in CBT from the University of

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Author information. Christine Wilding holds a post-graduate diploma in cognitive behavioural therapy from the University of London and is a practising CBT therapist

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