

RESOURCES

BOOKS

- Christakis, N. A., & Fowler, J. H. (2009). *Connected: The surprising power of our social networks and how they shape our lives* (1st ed.). Little, Brown Spark.
- Davidson, R., & Begley, S. (2012). *The emotional life of your brain: How its unique patterns affect the way you think, feel, and live--and how you can change them*. Penguin Group.
- McKay, M., Davis, M., & Fanning, P. (2021). *Thoughts and feelings: Taking control of your moods and your life* (5th ed., revised). New Harbinger Publications.
- McKay, M., Fanning, P., & Zurita Ona, P. E. (2011). *Mind and emotions: A universal treatment for emotional disorders*. New Harbinger Publications.

ONLINE ARTICLE

- Zeeman, A. (2022, May 4). *ABC model of behavior (Albert Ellis)*. Toolshero.
<https://www.toolshero.com/psychology/abc-model-albert-ellis>

PODCASTS

- Burns, D. (Host). (2016–present). *Feeling good* [Audio podcast]. <https://feelinggood.com/list-of-feeling-good-podcasts>
- Osborn, J. (Host). (2020–present). *My CBT podcast* [Audio podcast].
<https://mycognitivebehavioraltherapy.com/mycbt>

VIDEO

- Chepkurui, A. (2020, January 9). *Breaking up with negative thoughts* [Video]. YouTube.
<https://youtu.be/UXV6dmL-myA>

WEBSITES

Beck Institute Cares

Think differently, live a better life.
cares.beckinstitute.org

Feeling Good

The website of Dr. David D. Burns, MD
feelinggood.com

WORKSHEETS

25 Cognitive Behavioral Therapy (CBT) Worksheets

Explore what CBT is, how it works, and how to apply its principles to improve your life.

- Ackerman, C. E. (2017, March 20). *CBT techniques: 25 cognitive behavioral therapy worksheets*. Positive Psychology. <https://positivepsychology.com/cbt-cognitive-behavioral-therapy-techniques-worksheets>



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