

The Ten Minute Cognitive Workout

By Peggy D Snyder Ph D

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**Peggy D. Snyder
(Author of The Ten
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teaches a simple version
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the annual Rossmoor
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The TEN MINUTE COGNITIVE WORKOUT, Winner of the 2013 San Diego Book Award in the category 'Psychology, Self-Help, Medicine', describes and teaches you a simple, easy to

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The TEN MINUTE COGNITIVE WORKOUT teaches a simple version of Cognitive Restructuring, a tenet of Cognitive Behavioral Therapy. Just as its name implies, Cognitive Restructuring modifies thoughts.

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The Ten Minute Cognitive Workout teaches a simple, effective breathing exercise. (Coincidentally, my novel, *Age Matters*, teaches the same technique!) Check it out.

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The Ten Minute Cognitive Workout is based on Cognitive Behavioral Therapy and is a form of 'cognitive restructuring'.