



# Coping with Schizophrenia: A CBT Guide for Patients, Families and Caregivers

*Steven Jones, Peter Hayward*

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The only book written specifically for sufferers, as well as their carers and loved ones, this empowering book takes a sensitive and understanding approach to schizophrenia, providing all the information necessary about the condition, its causes, and the range of treatments available. Dr Steven Jones is Senior Lecturer in Clinical Psychology at the University of Manchester, Academic Division of Clinical Psychology, Wythenshawe Hospital, Manchester, UK and Honorary Consultant Clinical Psychologist at Pennine Care Trust, UK.

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