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panic, trauma, phobias and obsessions What is fear for? Where does anxiety come from? Understanding healthy anxiety How to tame your tiger Understanding your anxiety The kinds of anxiety you can experience Handling an anxiety attack effectively Dealing with phobias Dealing with trauma The power of exposure Dealing with obsessions Exercise and anxiety 8 Beating depression: chasing away your little black rain cloud Stigma Specific triggers The relationship between anxiety and depression Symptoms of depression Typical depressed negative thoughts Activity scheduling Understanding your depression The main types of depression &nbs Understanding and dealing with your depression Maintaining your depression Mood changers Keep yourself active Therapy or drugs? 9 Slaying the dragon: channelling your anger The purpose of anger Healthy vs. unhealthy anger Being assertive vs. being aggressive Repression vs. explosion Understanding the roots of your anger Understanding yourself and your anger better The past is over The CBT approach to anger Learning to channel your anger Be strong, not weak 10 Boosting your confidence and self-esteem How to boost your confidence Remember the change paradox Self-acceptance Cost Benefit Analysis Mindfulness and meditation The way forward The obstacle is the course

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## Sommario/riassunto

This text will show readers how to use tried and tested techniques of cognitive behavioural therapy (CBT) to overcome barriers and create the life they want. It is full of exercises, examples and practical ways to put CBT to work.

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