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Titolo	Coping with chronic illness [[electronic resource]] : a cognitive-behavioral therapy approach for adherence and depression workbook / Steven A Safren, Jeffrey S. Gonzalez and Nafisseh Soroudi
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Altri autori (Persone)	GonzalezJeffrey S SoroudiNafisseh
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Nota di contenuto	Contents; List of Figures and Worksheets; Chapter 1 Introduction; Chapter 2 Overview of the Program; Chapter 3 Life-Steps; Chapter 4 Activity Scheduling; Chapter 5 Adaptive Thinking (Cognitive Restructuring): Part I; Chapter 6 Adaptive Thinking (Cognitive Restructuring): Part II; Chapter 7 Problem Solving; Chapter 8 Relaxation Training and Diaphragmatic Breathing; Chapter 9 Review, Maintenance, and Relapse Prevention; About the Authors
Sommario/riassunto	If you suffer from a chronic medical condition like cancer, HIV, diabetes, asthma, or hypertension, you know how hard it can be to perform all the self-care behaviors required of you, especially if you are also dealing with depression. Studies have shown that depressed individuals with chronic illness have a hard time keeping up with the behaviors necessary to manage their condition and improve their

health. The program outlined in this workbook can help you take better care of yourself while simultaneously relieving your depression. Designed to be used in conjunction with visits to a qualified
