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Titolo	Solving life's problems [[electronic resource] ] : a 5-step guide to enhanced well-being // Arthur M. Nezu, Christine Maguth Nezu, Thomas J. D'Zurilla
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Altri autori (Persone)	NezuArthur M NezuChristine Maguth D'ZurillaThomas J
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Nota di contenuto	Contents; ONE: Why You Should Read This Book; TWO: ADAPT: Five Steps to Solving Life's Problems; THREE: Knowing Your Problem-Solving Strengths and Limitations; FOUR: Step 1: Attitude: Enhancing Your Problem-Solving Capacity; FIVE: Step 2: Defining Your Problem and Setting Realistic Goals; SIX: Step 3: Being Creative and Generating Alternative Solutions; SEVEN: Step 4: Predicting the Consequences and Developing a Solution Plan; EIGHT: Step 5: Trying Out Your Solution Plan and Determining If It Works; NINE: Applying the Five Steps of Effective Problem Solving to Common Life Problems; APPENDICES A. Visualization for Success Exercise B. Deep Breathing Exercise to Manage Stress; C. Visualization-Travel to a Safe Place; D. Rapid Problem Solving; Bibliography; Index;
Sommario/riassunto	MAXIMIZE POSITIVE PATIENT OUTCOMES. Enhance Function--Avert Relapses--Present New Problems. In this new updated edition, authors Thomas J. D'Zurilla and Arthur M. Nezu, present some of the most useful advances in problem-solving therapy (PST) today. An excellent

resource for maximizing positive patient outcomes, this all-inclusive guide helps enhance your problem solving skills and apply successful clinical techniques to help your clients improve their lives. Known for its presentation of solid research results and effective PST training tools, this best-selling guide has been fully updated to

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