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| Autore | Kerkhof Ad |
| Titolo | Stop worrying [[electronic resource]] : get your life back on track with CBT // Ad Kerkhof in collaboration with Saida Akhnikh ... [et al.] |
| Pubbl/distr/stampa | Berkshire, England, : McGraw-Hill, : Open University Press, 2010 |
| ISBN | 1-283-34364-9 9786613343642 0-335-24253-7 |
| Edizione | [2nd ed.] |
| Descrizione fisica | 1 online resource (210 p.) |
| Altri autori (Persone) | AkhnikhSaida |
| Disciplina | 616.85220651 |
| Soggetti | Cognitive therapy Worry Electronic books. |
| Lingua di pubblicazione | Inglese |
| Formato | Materiale a stampa |
| Livello bibliografico | Monografia |
| Note generali | Description based upon print version of record. |
| Nota di bibliografia | Includes bibliographical references and index. |
| Nota di contenuto | pt. 1. Stop worrying in four weeks -- pt. 2. Worrying for advanced students. |
| Sommario/riassunto | This practical book contains Cognitive Behavioural Therapy exercises to be completed, which will give you insight into the content, nature and seriousness of your worrying. |