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Titolo	Stop worrying [[electronic resource] ] : get your life back on track with CBT // Ad Kerkhof in collaboration with Saida Akhnikh ... [et al.]
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Altri autori (Persone)	AkhnikhSaida
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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.