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Nota di contenuto	Introduction -- Dialectical behavior therapy: An overview of the treatment -- 1. Basic distress tolerance skill -- 2. Advanced distress tolerance skills -- 3. More distress tolerance skills -- 4. Basic mindfulness skills -- 5. Advanced mindfulness skills -- 6. Exploring mindfulness further -- 7. Basic emotion regulation sills -- 8. Advanced emotion regulation sills -- 9. Basic interpersonal effectiveness skills -- 10. Advanced interpersonal effectiveness skills -- 11. Exposure-based cognitive rehearsal -- 12. Putting it all together -- References.
Sommario/riassunto	A clear and effective approach to learning evidence-based DBT skills-- now in a fully revised and updated second edition. Do you have trouble managing your emotions? First developed by Marsha M. Linehan for treating borderline personality disorder, dialectical behavior therapy (DBT) has proven effective as treatment for a range of other mental health problems, and can greatly improve your ability to handle distress without losing control and acting destructively. However, to make use of these techniques, you need to build skills in four key areas: distress tolerance, mindfulness, emotion regulation, and interpersonal effectiveness. The Dialectical Behavior Therapy Skills Workbook, a collaborative effort from three esteemed authors, offers evidence-based, step-by-step exercises for learning these concepts and putting them to work for real and lasting change. Start by working on the introductory exercises and, after making progress, move on to the

advanced-skills chapters. Whether you're a mental health professional or a general reader, you'll benefit from this clear and practical guide to better managing your emotions. This fully revised and updated second edition also includes new chapters on cognitive rehearsal, distress tolerance, and self-compassion. Once you've completed the exercises in this book and are ready to move on to the next level, check out the authors' new book, *The New Happiness Workbook*.

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