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Collana	New Harbinger self-help workbook
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Soggetti	Anxiety - Treatment Phobias - Treatment Panic disorders
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Nota di contenuto	Introduction -- 1. Anxiety Disorders -- 2. Major Causes of Anxiety Disorders -- 3. Recovery: A Comprehensive Approach -- 4. Relaxation -- 5. Physical Exercise -- 6. Coping with Panic Attacks -- 7. Exposure for Phobias -- 8. Self-Talk -- 9. Mistaken Beliefs -- 10. Overcoming Worry -- 11. Personality Styles That Perpetuate Anxiety -- 12. Ten Common Specific Phobias -- 13. Dealing with Feelings -- 14. Being Assertive -- 15. Self-Esteem -- 16. Nutrition -- 17. Health Conditions That May Contribute to Anxiety -- 18. Medication for Anxiety -- 19. Meditation -- 20. Relapse Prevention -- 21. Personal Meaning -- Postscript: A Future of Increasing Anxiety -- Appendix 1. Helpful Organizations -- Appendix 2. Resources for Relaxation -- Appendix 3. How to Stop Obsessive Thoughts -- Appendix 4. Affirmations for Overcoming Anxiety -- How to Access Resources for The Anxiety & Phobia Workbook.
Sommario/riassunto	Celebrating 30 years as a classic in its field and recommended by therapists worldwide, The Anxiety and Phobia Workbook is an unparalleled, essential resource for people struggling with anxiety and phobias. Living with anxiety, panic disorders, or phobias can make you feel like you aren't in control of your life. Tackle the fears that hold you back with this go-to guide. Packed with the most effective skills for assessing and treating anxiety, this evidence-based workbook contains

the latest clinical research. You'll find an arsenal of tools for quieting worry, ending negative self-talk, and taking charge of your anxious thoughts, including: Relaxation and breathing techniques New research on exposure therapy for phobias Lifestyle, exercise, mindfulness and nutrition tips Written by a leading expert in cognitive behavioral therapy (CBT), this fully revised and updated seventh edition offers powerful, step-by-step treatment strategies for panic disorders, agoraphobia, generalized anxiety disorder (GAD), obsessive-compulsive disorder (OCD), post-traumatic stress disorder (PTSD), worry, and fear. You will also find new information on relapse prevention after successful treatment, and updates on medication, cannabis derivatives, ketamine, exposure, nutrition, spirituality, the latest research in neurobiology, and more. Whether you suffer from anxiety and phobias yourself, or are a professional working with this population, this book provides the latest treatment solutions for overcoming the fears that stand in the way of living a meaningful and happy life. This workbook can be used on its own or in conjunction with therapy.
