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Nota di contenuto	Intro -- Contents -- Foreword -- Introduction -- Chapter 1: Know Your Mind Traps -- Chapter 2: Manage the Control Paradox -- Chapter 3: Kick the Worry Habit -- Chapter 4: Interrupt Rumination -- Chapter 5: Move Beyond Regret -- Chapter 6: Confront Shame -- Chapter 7: Overcome Humiliation -- Chapter 8: Release from Resentment -- Conclusion -- Acknowledgments -- References.
Sommario/riassunto	Emotional distress takes many forms--such as excessive worry, rumination, regret, shame, humiliation, or resentment. Managing these negative thoughts is essential for emotional healing and wholeness. In this workbook, renowned psychologist David A. Clark offers a transdiagnostic, cognitive behavioral approach to effectively target these unwanted thoughts. Using practical, step-by-step instructions and activities, readers will learn to free themselves from the addictive thought patterns that trap them in an endless cycle of negativity.