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Sommario/riassunto	Bite-sized, evidence based tips and tools for managing intense emotions in the moment--from the authors of The Dialectical Behavior Therapy Skills Workbook. Sometimes emotions can feel like a big, powerful tidal wave that will sweep you away. And the more you try to suppress or put a lid on these emotions, the more overwhelming they get. So, how can you feel better when difficult emotions threaten to wash over you?In this take-anywhere pocket guide, clinical psychologists and authors Matt McKay, Jeffrey Wood, and Jeffrey Brantley offer quick and simple strategies based in dialectical behavior therapy (DBT) to help you take charge of your emotions and start living the life you want. Using this handy little book, you'll find freedom from overwhelming thoughts and feelings, discover a sense of lasting calm, improve your relationships, and feel more at peace with the world and yourself.If you're looking for small, easy ways to manage your emotions on the go, put this compact guide in your coat pocket, your purse, on your nightstand, or anywhere for quick and soothing relief. In Pocket Therapy for Emotional Balance, three clinical psychologists and authors of The Dialectical Behavior Therapy Skills Workbook offer

quick, evidencebased tips and tools for managing intense emotions in the moment. Using this handy, take-anywhere guide, readers will find freedom from overwhelming thoughts and feelings, find a sense of calm, and live a more balanced life.
