

1. Record Nr.	UNINA9910794791703321
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Titolo	ACT with anxiety : an acceptance and commitment therapy workbook to get you unstuck from anxiety and enrich your life / / Richard Sears
Pubbl/distr/stampa	Eau Claire, Wisconsin : , : PESI, , [2021] ©2021
ISBN	1-55957-075-X
Descrizione fisica	1 online resource (215 pages)
Disciplina	616.852206
Soggetti	Anxiety - Treatment
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
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Sommario/riassunto

In this engaging and easy-to-read workbook, Dr. Sears provides detailed explanations, case examples, and practical worksheets to show you how to work with your anxiety instead of trying to battle against it.
