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Titolo	Overcoming unwanted intrusive thoughts : a CBT-based guide to getting over frightening, obsessive, or disturbing thoughts // Sally M. Winston, PsyD, Martin N. Seif, PhD
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ISBN	9781626254350 1626254354 9781626254343 1626254346
Descrizione fisica	1 online resource (180 pages, 13 unnumbered pages) : illustrations
Disciplina	616.8
Soggetti	Intrusive thoughts Thought insertion Cognition disorders Cognitive therapy Anxiety disorders Interference (Perception) Anxiety Cognitive Disorders Cognitive Therapy Stress, Psychological Thinking
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	"Distributed in Canada by Raincoast Books"--Title page verso.
Nota di bibliografia	Includes bibliographical references (pages 179-180).
Nota di contenuto	Recovering from unwanted intrusive thoughts -- Varieties of intrusive thoughts -- What thoughts mean: myths and facts -- Unwanted intrusive thoughts Q and A -- How the brain creates unwanted intrusive thoughts -- Why nothing has worked -- How to handle thoughts when they happen -- Getting over unwanted thoughts for

good -- What does recovery mean? -- When to seek professional help  
-- Appendix: A recipe for unwanted intrusive thoughts (what not to do).

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## Sommario/riassunto

"You are not your thoughts! In this powerful book, two anxiety experts offer proven-effective cognitive behavioral therapy (CBT) skills to help you get unstuck from disturbing thoughts, overcome the shame these thoughts can bring, and reduce your anxiety. If you suffer from unwanted, intrusive, frightening, or even disturbing thoughts, you might worry about what these thoughts mean about you. Thoughts can seem like messages--are they trying to tell you something? But the truth is that they are just thoughts, and don't necessarily mean anything. Sane and good people have them. If you are someone who is plagued by thoughts you don't want--thoughts that scare you, or thoughts you can't tell anyone about--this book may change your life. In this compassionate guide, you'll discover the different kinds of disturbing thoughts, myths that surround your thoughts, and how your brain has a tendency to get "stuck" in a cycle of unwanted rumination. You'll also learn why common techniques to get rid of these thoughts can backfire. And finally, you'll learn powerful cognitive behavioral skills to help you cope with and move beyond your thoughts, so you can focus on living the life you want. Your thoughts will still occur, but you will be better able to cope with them--without dread, guilt, or shame. If you have unwanted thoughts, you should remember that you aren't alone. In fact, there are millions of people just like you--good people who have awful thoughts, gentle people with violent thoughts, and sane people with "crazy" thoughts. This book will show you how to move past your thoughts so you can reclaim your life! This book has been selected as an Association for Behavioral and Cognitive Therapies Self-Help Book Recommendation--an honor bestowed on outstanding self-help books that are consistent with cognitive behavioral therapy (CBT) principles and that incorporate scientifically tested strategies for overcoming mental health difficulties. Used alone or in conjunction with therapy, our books offer powerful tools readers can use to jump-start changes in their lives."--Provided by publisher.

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