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| | Nota di contenuto | Intro -- Contents -- Preface to the Fifth Edition -- Acknowledgments -- How to Use This Book -- CHAPTER 1: Making Your Own Treatment Plan -- CHAPTER 2: Uncovering Automatic Thoughts -- CHAPTER 3: Changing Patterns of Limited Thinking -- CHAPTER 4: Changing Hot Thoughts -- CHAPTER 5: Relaxation -- CHAPTER 6: Worry Control -- CHAPTER 7: Coping with Panic -- CHAPTER 8: Coping Imagery -- CHAPTER 9: Mindfulness -- CHAPTER 10: Defusion -- CHAPTER 11: Putting Values into Action -- CHAPTER 12: Getting Mobilized -- CHAPTER 13: Brief Exposure -- CHAPTER 14: Prolonged Exposure -- CHAPTER 15: Testing Core Beliefs -- CHAPTER 16: Changing Core Beliefs with Visualization -- CHAPTER 17: Stress Inoculation for Anger Control -- CHAPTER 18: Self-Compassion -- CHAPTER 19: Covert Modeling -- CHAPTER 20: Covert Sensitization -- CHAPTER 21: Problem Solving -- Chapter 22: Habit Reversal Training -- CHAPTER 23: When It Doesn't Come Easy -- References and Resources -- About the Authors -- Index. |
| | Sommario/riassunto | Celebrating forty years as a self-help classic and recommended by therapists worldwide, Thoughts and Feelings has helped thousands of readers manage stress, anxiety, depression, and difficult emotions using evidence-based cognitive therapy. In addition to the tried-and-true techniques that have made this book a must-have mental health resource, this fully revised and updated fifth edition also includes new |

chapters on self-compassion and habit reversal--two powerful tools
for helping readers achieve lasting, positive change.