Record Nr. UNINA9910818109003321 Autore Knaus William J. Titolo The cognitive behavioral workbook for anxiety: a step-by-step program / / William J. Knaus; foreword by Jon Carlson; cover design by Amy Shoup; edited by Brady Kahn Oakland, California:,: New Harbinger Publications, Inc.,, 2014 Pubbl/distr/stampa ©2014 **ISBN** 1-62625-016-2 Edizione [Second edition.] Descrizione fisica 1 online resource (306 p.) Collana New Harbinger Self-Help Workbook Disciplina 616.85/2206 Soggetti Anxiety - Treatment Rational emotive behavior therapy Cognitive therapy Lingua di pubblicazione Inglese **Formato** Materiale a stampa Livello bibliografico Monografia WellbeingLU Note generali Description based upon print version of record. Nota di bibliografia Includes bibliographical references and index. Sommario/riassunto When anxious feelings spiral out of control, they can drain your energy and prevent you from living the life you want. If you're ready to stop letting your anxiety have the upper hand, The Cognitive Behavioral Workbook for Anxiety, Second Edition can help you to recognize your anxiety triggers, develop skills to stop anxious thoughts before they take over, and keep needless fears from coming back. In the second edition of this best-selling workbook, William J. Knaus offers a step-

rich and productive life. With this book, you

by-step program to help you overcome anxiety and get back to living a