

1. Record Nr.	UNINA9910818146003321
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Titolo	The negative thoughts workbook : CBT skills to overcome the repetitive worry, shame, and rumination that drive anxiety and depression // David A. Clark
Pubbl/distr/stampa	Oakland, California : , : New Harbinger Publications, , [2020] ©2020
ISBN	1-68403-506-6
Descrizione fisica	1 online resource (201 pages)
Disciplina	616.8522
Soggetti	Intrusive thoughts Affective disorders
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references.
Nota di contenuto	Intro -- Contents -- Foreword -- Introduction -- Chapter 1: Know Your Mind Traps -- Chapter 2: Manage the Control Paradox -- Chapter 3: Kick the Worry Habit -- Chapter 4: Interrupt Rumination -- Chapter 5: Move Beyond Regret -- Chapter 6: Confront Shame -- Chapter 7: Overcome Humiliation -- Chapter 8: Release from Resentment -- Conclusion -- Acknowledgments -- References.
Sommario/riassunto	Emotional distress takes many forms--such as excessive worry, rumination, regret, shame, humiliation, or resentment. Managing these negative thoughts is essential for emotional healing and wholeness. In this workbook, renowned psychologist David A. Clark offers a transdiagnostic, cognitive behavioral approach to effectively target these unwanted thoughts. Using practical, step-by-step instructions and activities, readers will learn to free themselves from the addictive thought patterns that trap them in an endless cycle of negativity.