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Nota di contenuto	Intro -- Contents -- Foreword -- Contributing Authors -- Prologue -- Introduction: How to Use This Workbook -- Module 1: Planning Your Journey -- Section I. Goal Setting and Motivation -- Section II. Planning Your Journey Section II -- Section III. How Anxiety Attacks -- Module 2: Mindful Relaxation -- Module 3: Rethinking Thoughts -- Section I. Probability Overestimation -- Section II. Catastrophizing -- Module 4: Worries About Worries -- Section I. Detached Awareness -- Secion II. Worry Postponement -- Module 5: Facing Feared Scenarios and Images -- Module 6: Changing Behaviors -- Module 7: Progress on Goals and Relapse Prevention -- References -- About the Authors.
Sommario/riassunto	Anxiety is at epidemic levels. In The Anxiety Skills Workbook, psychologist and cognitive behavioral therapy (CBT) expert Stefan Hofmann offers readers a comprehensive approach to transforming anxiety using simple evidence-based strategies from CBT and mindfulness. With this easy-to-use guide, readers will learn to break free from worry and start focusing on living the life they want.