

1. Record Nr.	UNINA9910822506603321
Autore	Hofmann Stefan G.
Titolo	The anxiety skills workbook : simple CBT and mindfulness strategies for overcoming anxiety, fear, and worry // Stefan G. Hofmann, Judith S. Beck
Pubbl/distr/stampa	Oakland, CA : , : New Harbinger Publications, , [2020] ©2020
ISBN	1-68403-453-1
Descrizione fisica	1 online resource (200 pages)
Disciplina	616.8522
Soggetti	Anxiety disorders - Treatment Cognitive therapy
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
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.

2. Record Nr.	UNINA9910557334103321
Autore	Khan Farhan
Titolo	Prevalence, Fate and Effects of Plastic in Freshwater Environments
Pubbl/distr/stampa	Basel, Switzerland, : MDPI - Multidisciplinary Digital Publishing Institute, 2021
Descrizione fisica	1 online resource (84 p.)
Soggetti	Research and information: general Murntuluk / Catfish (Central NT, North NT SE52-03)
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Sommario/riassunto	Plastic (and microplastic) pollution has been described as one of the greatest environmental challenges of our time, and a hallmark of the human-driven epoch known as the Anthropocene. It has gained the attention of the general public, governments, and environmental scientists worldwide. To date, the main focus has been on plastics in the marine environment, but interest in the presence and effects of plastics in freshwaters has increased in the recent years. The occurrence of plastics within inland lakes and rivers, as well as their biota, has been demonstrated. Experiments with freshwater organisms have started to explore the direct and indirect effects resulting from plastic exposure. There is a clear need for further research, and a dedicated space for its dissemination. This book is devoted to highlighting current research from around the world on the prevalence, fate, and effects of plastic in freshwater environments.