

1. Record Nr.	UNINA9910794256803321
Autore	Clark David A. <1954->
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.

2. Record Nr.	UNINA9910906292303321
Titolo	Age-Friendly Ecosystems : Environments for Equitable Aging by Design // edited by Valerie Chang Greer , Linda S. Edelman
Pubbl/distr/stampa	Cham : , : Springer Nature Switzerland : , : Imprint : Springer, , 2024
ISBN	9783031683619 3031683617
Edizione	[1st ed. 2024.]
Descrizione fisica	1 online resource (115 pages)
Collana	SpringerBriefs in Public Health, , 2192-3701
Disciplina	305.26
Soggetti	Gerontology Age distribution (Demography) Public health Sociology Social groups Social structure Equality Architecture Aging Population Public Health Sociology of Family, Youth and Aging Social Structure Gerontologia Persones grans Salut pública Disseny arquitectònic Llibres electrònics
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Chapter 1. Creating an Age-Friendly Environment Across the Ecosystem -- Chapter 2. Age Friendliness as a Framework for Equity in Aging -- Chapter 3. Age-Friendly Neighborhoods -- Chapter 4. Age-Friendly Campuses -- Chapter 5. Age-Friendly Health -- Chapter 6. Age-

Sommario/riassunto

This compact book examines age friendliness within the framework of age-friendly ecosystems, and from a place-based approach, considering anchor institutions of neighborhoods, campuses and health environments as sites uniquely positioned to catalyze age equity and inclusivity. Age friendliness has grown from an idea into a social movement that recognizes the diversity of older adults, and integrates research, policy, programming and design practices. Compounding pressures of rapid aging, systemic ageism, and a growing disparity of resources compel us to rethink how we achieve equity in aging through the design of places and practices. Content for this book draws from a 2022 symposium, Age Friendly Communities as Platforms for Equity, Health & Wellness. Contributors build upon the content shared through the symposium in order to examine how neighborhoods, campuses and health environments are uniquely poised to support equity and to extend reach to historically marginalized populations of older adults. Ideas and experiences from national experts in aging, as well as "real world" experiences and narratives shared by older adults, students, community stakeholders and faculty researchers, are presented through a place-based approach. Collectively the voices in this book create a lens for empowering age-friendly ecosystems as environments for equitable aging by design. Among the topics covered: Creating an Age-Friendly Environment Across the Ecosystem Age Friendliness as a Framework for Equity in Aging Age-Friendly Voices in the Pursuit of an Age-Friendly Ecosystem Age-Friendly Futures: Equity by Design Age-Friendly Ecosystems: Environments for Equitable Aging by Design is written for people who are interested in understanding how the age-friendly movement is transforming places we live – community planners, designers, policy makers, aging service providers, academics and citizen activists. This compact volume presents a case of need for age friendliness in places we live, learn and care for our health. Readers with interests in the professional practice areas of aging studies/gerontology, architecture and planning, colleges and universities, community/neighborhood development, health systems, research, and policy will benefit from this brief that examines neighborhoods, campuses, and health environments from interdisciplinary perspectives.