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Titolo	The mindfulness and acceptance workbook for social anxiety and shyness : using acceptance and commitment therapy to free yourself from fear and reclaim your life / / Jan E. Fleming and Nancy L. Kocovski
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Nota di contenuto	Intro -- Contents -- Foreword -- Acknowledgments -- Introduction -- A New Perspective on Social Anxiety and Shyness -- The ACT Approach -- Our Journey to This Book -- How This Book Is Organized -- How to Use This Book -- The Journey Ahead -- Defining Social Anxiety and Shyness -- Shyness and Social Anxiety -- Situations That Trigger Social Anxiety -- Safety Mode: The Costs of Pursuing "Safety" -- Safety Mode -- Vital-Action Mode -- Knowing What Matters: Uncovering Your Values and Goals -- Defining Values and Goals -- Identifying Your Values and Goals -- Introducing Mindfulness -- The Three Aspects of Mindfulness -- Additional Notes on Mindfulness -- Strengthening Your "Abs": Acceptance of Bodily Sensations -- Paying Mindful Attention to Your Body in Stillness -- Paying Mindful Attention to Your Body in Movement -- Paying Mindful Attention to Your Bodily Sensations of Anxiety -- Defusing from Your Anxious Thoughts -- Types of Anxious Thinking -- Defusing from Your Social-Anxiety Thoughts -- Your Journey So Far -- The Journey Ahead -- Taking "VITAL" Action -- Introducing "VITAL" Action -- A Plan for Taking VITAL Action -- Stepping Toward Your Vital Life -- Getting the Most Out of Goal

Stepping -- Stepping into the Future -- Bringing Compassion to Yourself and Others -- Closing Comments -- Mindfulness and Acceptance Approaches for Social Anxiety Disorder-The Evidence -- Mindfulness and Acceptance-Based Interventions -- MABIs for Social Anxiety -- MAGT for Social Anxiety Disorder -- Additional Resources -- Acceptance and Commitment Therapy (ACT) -- Mindfulness-Based Cognitive Therapy (MBCT) -- Mindfulness-Based Stress Reduction (MBSR) -- Mindfulness and Acceptance Approaches to Anxiety -- Social Anxiety and Shyness -- Furthering Your Practice of Mindfulness and Acceptance -- Internet Resources -- References.

Sommario/riassunto

Two leading social anxiety researchers present The Mindfulness and Acceptance Workbook for Social Anxiety and Shyness, an acceptance and commitment therapy (ACT)-based workbook filled with assessments and exercises designed to help those with social anxiety or shyness.
