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| 1. Record Nr.           | UNIORUON00104633                                                                                                                            |
| Autore                  | CHENG Yizhong                                                                                                                               |
| Titolo                  | Song Yuan huabun / Cheng Yizhong                                                                                                            |
| Pubbl/distr/stampa      | Beijing, : Zhonghua Shuju, 1980                                                                                                             |
| Descrizione fisica      | 112 p. ; 20 cm                                                                                                                              |
| Classificazione         | CIN VI A                                                                                                                                    |
| Soggetti                | LETTERATURA CINESE - NARRATIVA - DINASTIA YUAN (1271-1368) - CRITICA<br>LETTERATURA CINESE - NARRATIVA - DINASTIA SUNG (960-1279) - CRITICA |
| Lingua di pubblicazione | Cinese                                                                                                                                      |
| Formato                 | Materiale a stampa                                                                                                                          |
| Livello bibliografico   | Monografia                                                                                                                                  |
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|-------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------|
| 2. Record Nr.           | UNINA9910825331503321                                                                                                                                    |
| Autore                  | Jantz Gregory L.                                                                                                                                         |
| Titolo                  | The anxiety reset : a life-changing approach to overcoming fear, stress, worry, panic attacks, OCD, and more / / Gregory L. Jantz, PhD ; with Keith Wall |
| Pubbl/distr/stampa      | Carol Stream, Illinois : , : Tyndale House Publishers, , [2021]<br>©2021                                                                                 |
| ISBN                    | 1-4964-4115-X                                                                                                                                            |
| Descrizione fisica      | 1 online resource (226 pages)                                                                                                                            |
| Disciplina              | 155.9042                                                                                                                                                 |
| Soggetti                | Stress (Psychology)                                                                                                                                      |
| Lingua di pubblicazione | Inglese                                                                                                                                                  |
| Formato                 | Materiale a stampa                                                                                                                                       |
| Livello bibliografico   | Monografia                                                                                                                                               |
| Nota di contenuto       | Cover -- Title Page -- Endorsements -- Copyright -- Dedication -- Contents -- Foreword -- Part 1: Where You Are, How You Got Here:                       |

Surveying the Landscape of Your Anxiety -- Chapter 1: Living in the Age of Anxiety -- Chapter 2: Causes & Catalysts -- Chapter 3: The Three-Headed Monster: Worry, Anxiety & Stress -- Chapter 4: What Is Your Anxiety Type? -- Chapter 5: How Anxiety Affects Your Life -- Chapter 6: This Is Your Brain on Anxiety -- Chapter 7: If You Want to Chill, Should You Take a Pill? -- Part 2: The Pathway to Peace: Overcoming Obstacles & Finding Freedom -- Chapter 8: Inventory Your Inner World -- Chapter 9: Put Down the Shovel -- Chapter 10: Make Peace with Your Past -- Chapter 11: Practice Mind over Mood -- Chapter 12: Manage Your Emotions to Alleviate Anxiety -- Chapter 13: Bolster Your Body -- Chapter 14: Fortify Your Filters -- Chapter 15: Rewire & Reset Your Brain -- Chapter 16: Find Strength in Soul Care -- Chapter 17: Become Bold & Brave -- Chapter 18: Sanity through Simplicity -- Epilogue: Back to a Better Future -- Appendix 1: Self-Assessment Tools -- Appendix 2: Unmasking Myths & Misconceptions -- Appendix 3: Innovative & Intriguing Treatment Options -- Appendix 4: Relief through Relaxation -- Appendix 5: The Roots of Anxiety: Childhood Troubles & Traumas -- Appendix 6: Recommended Resources -- About the Author.

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### Sommario/riassunto

"Individualized solutions for conquering anxiety from acclaimed mental health expert Dr. Gregory Jantz. If you or someone you love has lost hope of ever getting free from occasional, persistent, or overwhelming anxiety, take heart. The Anxiety Reset offers a fresh, personalized plan for overcoming the fears that are robbing you of joy and peace. In this compassionate guide, you will discover your anxiety type and triggers, common myths about anxiety, hidden causes and catalysts of anxiety and what to do about them, the pros and cons of medication and possible alternatives, how to develop your optimism muscle, how to eat for better emotional health, and how to get started on a personal anxiety reset plan. Combining the most up-to-date scientific research, real-life stories, and practical strategies, The Anxiety Reset empowers you to understand and overcome the fears that have been holding you back"--

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