

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.	UNISA996216553003316
Titolo	Educational studies in mathematics
Pubbl/distr/stampa	Dordrecht, Holland, : D. Reidel Pub. Co., 1968- [Dordrecht], : Kluwer Academic Publishers [Dordrecht], : Springer Netherlands
ISSN	1573-0816
Descrizione fisica	1 online resource (volumes)
Disciplina	510.7
Soggetti	Mathematics - Study and teaching Mathématiques - Étude et enseignement Mathematics Education Mathematikunterricht Periodicals. Zeitschrift
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Periodico
Note generali	Refereed/Peer-reviewed Title from volume title page (JSTOR, viewed Sept. 13, 2006).