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| 1. Record Nr.           | UNISALENTO991000482069707536               |
| Autore                  | Cristallini, Aldo                          |
| Titolo                  | L'utopia del 20. secolo / Aldo Cristallini |
| Pubbl/distr/stampa      | Roma : [s.n.], 1979                        |
| Descrizione fisica      | 522 p. ; 21 cm.                            |
| Disciplina              | 230  |
| Soggetti                | Cristianesimo<br>Uomo                      |
| Lingua di pubblicazione | Italiano                                   |
| Formato                 | Materiale a stampa                         |
| Livello bibliografico   | Monografia                                 |
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| 2. 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]<br>©2020  |
| ISBN                    | 1-68403-453-1  |
| Descrizione fisica      | 1 online resource (200 pages)  |
| Disciplina              | 616.8522   |
| Soggetti                | Anxiety disorders - Treatment<br>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 -- Section 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.

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#### 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.

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