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Autore	Cristallini, Aldo
Titolo	L'utopia del 20. secolo / Aldo Cristallini
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Descrizione fisica	522 p. ; 21 cm.
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Soggetti	Cristianesimo Uomo
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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] ©2020
ISBN	1-68403-453-1
Descrizione fisica	1 online resource (200 pages)
Disciplina	616.8522
Soggetti	Anxiety disorders - Treatment Cognitive therapy
Lingua di pubblicazione	Inglese
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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.

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.
