

1.	Record Nr.	UNISALENTO991003921589707536
	Autore	Elsom, John
	Titolo	Is Shakespeare still our contemporary? / edited by John Elsom ; with contyributions from, in alphabetical order Marianne Ackerman ... [et al.]
	Pubbl/distr/stampa	London : Routledge, 1989
	ISBN	0415044049
	Descrizione fisica	192 p. ; 22 cm
	Disciplina	822.33
	Soggetti	Shakespeare, William Shakespeare, William
	Lingua di pubblicazione	Inglese
	Formato	Materiale a stampa
	Livello bibliografico	Monografia
2.	Record Nr.	UNINA9910794193103321
	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
	Formato	Materiale a stampa
	Livello bibliografico	Monografia

Nota di contenuto

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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.
