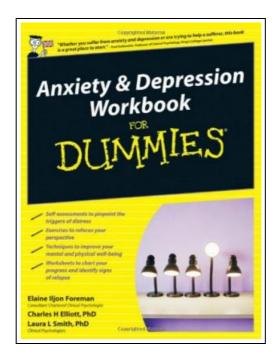
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Reviews

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(Dr. Jarrett Bednar)

ANXIETY AND DEPRESSION WORKBOOK FOR DUMMIES (UK ED)



John Wiley and Sons Ltd. Paperback. Book Condition: new. BRAND NEW, Anxiety and Depression Workbook For Dummies (UK ed), Elaine Iljon Foreman, Charles H. Elliot, Laura L. Smith, Anxiety and depression affect over 10% of the population. They can become debilitating conditions if not managed carefully so there are thousands of people looking for advice on how to keep their symptoms under control. Anxiety & Depression Workbook For Dummies provides readers with practical exercises and worksheets to help them analyse their thinking patterns and overcome the issues that are holding them back. The workbook format is ideal for those wanting to track their progress and make positive changes to both their mental and physical health. Anxiety & Depression Workbook For Dummies, UK Edition covers: Part I: Recognising and Recording Anxiety and Depression Chapter 1: Spotting the Signs of Anxiety and Depression Chapter 2: Digging Up the Roots of Your Worries Chapter 3: Overcoming Obstacles to Change Chapter 4: Monitoring Your Moods Part II: Understanding Your Thinking: Cognitive Therapy Chapter 5: Viewing Things A Different Way Chapter 6: Challenging and Changing Thoughts Chapter 7: Seeing Clearly: Gaining A New Perspective Chapter 8: Maintaining Awareness and Achieving Acceptance Part III: Taking Action: Behaviour Therapy Chapter 9: Facing Feelings: Avoiding Avoidance Chapter 10: Lifting Your Spirits With Exercise Chapter 11: Taking Pleasure from Leisure Chapter 12: Just Do It! - Tackling Life's Problems Part IV: Feeling It Where It Hurts: Healing the Body Chapter 13: Taking the Relaxation Route Chapter 14: Making Your Mind Up About Medication Part V: Revitalising Relationships Chapter 15: Working on Relationships Chapter 16: Smoothing Out Conflict Part VI: Life Beyond Anxiety and Depression Chapter 17: Reducing the Risk of Relapse Chapter 18: Promoting The Positive Part VII: The Part of Tens Chapter 19: Ten Helpful Resources Chapter 20:...



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