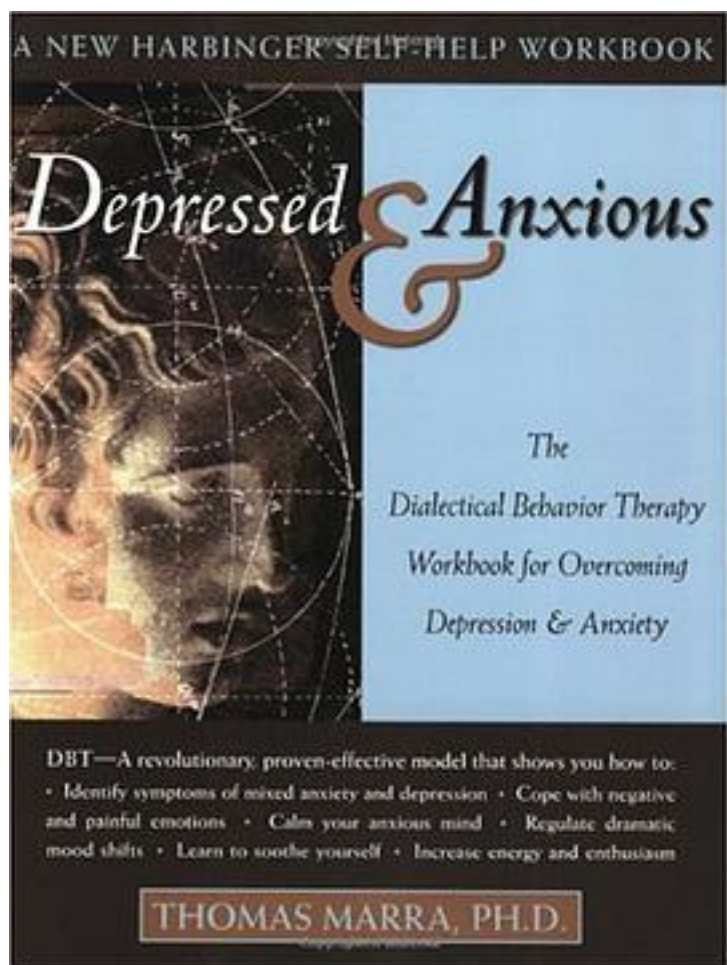


Depressed and Anxious



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A dialectical behaviour therapist shows readers who struggle with both anxiety and depression how to use ideas from this powerful therapy to relieve their symptoms and

regain control of their lives. Readers use mindfulness techniques and cognitive behavioural strategies to tolerate distress, silence negative self-talk, and resolve inner dialectical conflict. Exercises focus on helping readers to become more responsive to uplifting aspects of their environment and tolerant of unavoidable emotions.

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