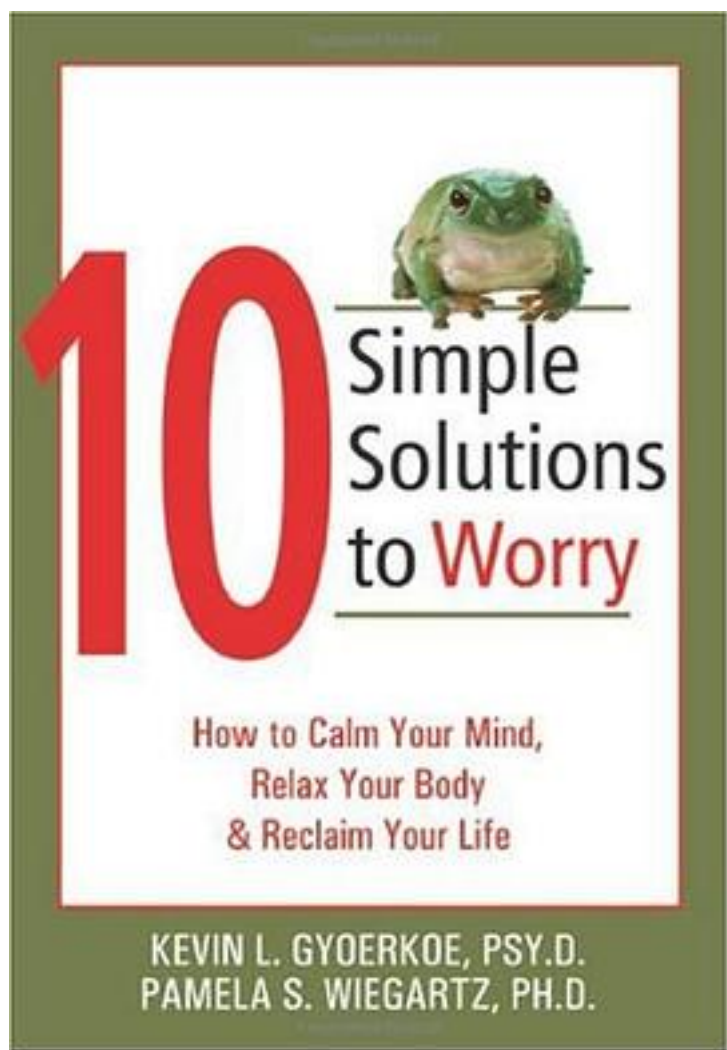


10 Simple Solutions to Worry



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We all worry about things from time to time, but some of us just can't seem to stop expecting the worst - even when our expectations are very unlikely to occur. This condition, chronic worry, is disruptive all by itself and it can lead to other, more serious anxiety problems. This book - the fifth in "New Harbinger's Ten Simple Solution" series - offers a handful of easy and effective techniques for getting rid of worry once and for all. Drawing on powerful psychotherapeutic techniques, this guide is a succinct resource of cognitive-behavioural techniques for controlling worry and reducing stress. Exercises include self-assessments, motivation builders, relaxation training and cognitive restructuring. After identifying and changing the negative thoughts that result in worry, readers will learn to replace worry behaviours with other, more positive and constructive activities.

作者介绍:

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标签

情绪管理

实用，科学，严谨，CBT,

评论

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书评

小册子，由《我们都是拖拉斯基》作者写，由此而借，十条简单原则，可操作、实用性强，处于焦虑中的人看了更有效，焦虑前学习一下遇见了才能用。

最喜欢的一个原则:affirmative communication--专门讲到跟人交流一定不能push over，否则定是要最后把焦虑落在自己身上。核心就是...

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