

Download How To Overcome Anxiety Worry Through Mindfulness

“Anxiety is an emotion that begs us to mishandle it through worry and rumination. In a careful, step-by-step fashion, Drs. Orsillo and Roemer show you how to use mindfulness to break free from the grip of anxiety and move forward now toward the kind of life you want to live.”Resources Coping with racism-related stress Understanding racism and racism-related stress Strategies to counter the stress of racist experiences ‘I still think it was one of the most helpful and useful courses I’ve done, so I’d be happy to help spread the word.’ – Emma ‘Overall the course was fantastic and, I think, has had a benefit that I can build upon’ – Kieran TalkPlus runs a range of courses for various conditions. ‘Increasingly, research is showing that dialectical behavior therapy (DBT) can be a useful treatment for a range of mental health problems. In The Dialectical Behavior Therapy Skills Workbook for Anxiety, Chapman, Gratz and Tull strip away the jargon and walk the reader step-by-step through this treatment, showing the reader how to apply DBT skills to anxiety.