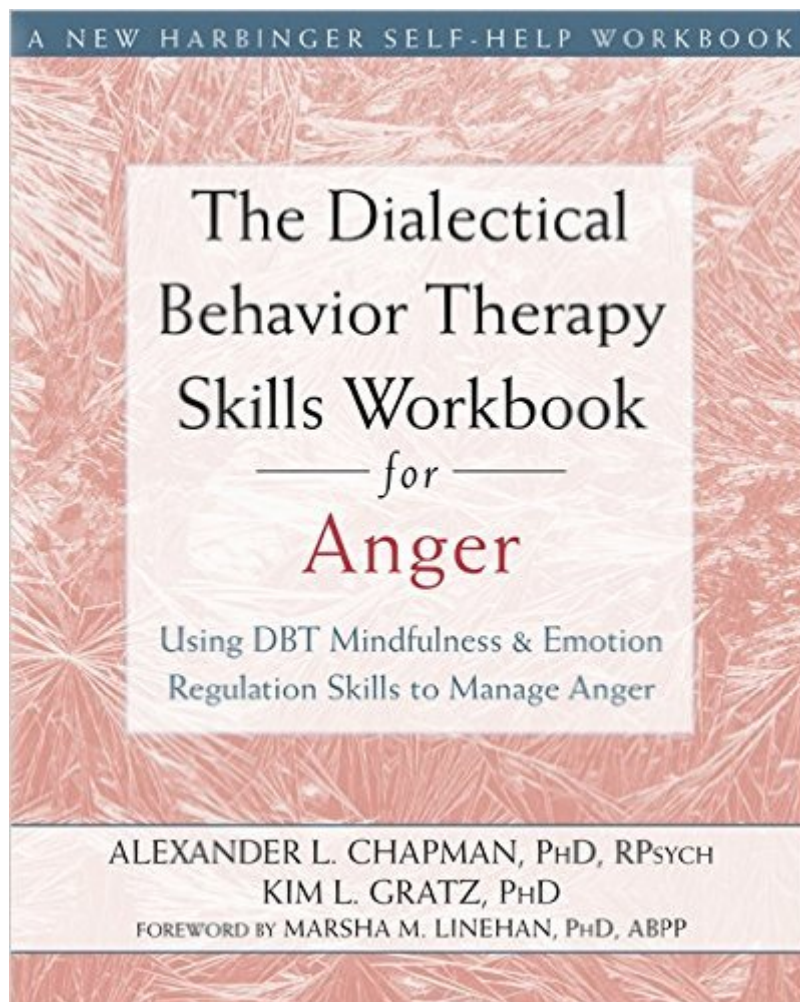


The book was found

The Dialectical Behavior Therapy Skills Workbook For Anger: Using DBT Mindfulness And Emotion Regulation Skills To Manage Anger (New Harbinger Self-Help Workbooks)





Synopsis

Do you struggle with anger? Is it hurting your relationships and holding you back from living the life you want? This book offers powerful, proven-effective dialectical behavioral therapy (DBT) skills to help you understand and manage anger before it gets the better of you. Anger is a natural human emotion, and everyone feels it at some point in their lives. But if you suffer from chronic anger, it can throw your life out of balance and wreak havoc on relationships with family, friends, romantic partners, and work colleagues. So, how can you get your anger under control before it causes real consequences? Written by two world-renowned researchers in the field of dialectical behavior therapy (DBT), *The Dialectical Behavior Therapy Skills Workbook for Anger* offers evidence-based skills designed to help you understand, accept, and regulate chronic anger and other intense emotions. DBT is a powerful and proven-effective treatment for regulating intense emotions such as anger. With its dialectical focus on acceptance and change, its roots in basic behavioral and emotion science, and its practical, easy-to-use skills, DBT provides a unique and effective approach for understanding and managing anger. If you're ready to move past your anger once and for all—and start living a better life—this book will show you how.

Book Information

Series: New Harbinger Self-Help Workbooks

Paperback: 200 pages

Publisher: New Harbinger Publications; Workbook edition (November 1, 2015)

Language: English

ISBN-10: 1626250219

ISBN-13: 978-1626250215

Product Dimensions: 7.9 x 0.5 x 9.9 inches

Shipping Weight: 14.2 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (8 customer reviews)

Best Sellers Rank: #18,685 in Books (See Top 100 in Books) #12 in [Books > Self-Help > Anger](#)

[Management](#) #12 in [Books > Textbooks > Social Sciences > Psychology > Neuropsychology](#)

[#26 in Books > Self-Help > Anxieties & Phobias](#)

Customer Reviews

I already presented a couple of assignments from this book in my Anger Management group with Pt.'s. Good book to have..

Excellent workbook to work with clients. I highly recommend it! Clients can put into practice the exercises included. These exercises are easy to follow and yet very helpful.

Clearly-written skills workbook - excellent resource.

Good book. I have the entire series.

[Download to continue reading...](#)

The Dialectical Behavior Therapy Skills Workbook for Anger: Using DBT Mindfulness and Emotion Regulation Skills to Manage Anger (New Harbinger Self-Help Workbooks) The Dialectical Behavior Therapy Skills Workbook for Bipolar Disorder: Using DBT to Regain Control of Your Emotions and Your Life (New Harbinger Self-Help Workbook) The Mindfulness Workbook for OCD: A Guide to Overcoming Obsessions and Compulsions Using Mindfulness and Cognitive Behavioral Therapy (New Harbinger Self-Help Workbooks) Emotion Efficacy Therapy: A Brief, Exposure-Based Treatment for Emotion Regulation Integrating ACT and DBT Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) DBT Made Simple: A Step-by-Step Guide to Dialectical Behavior Therapy (The New Harbinger Made Simple Series) Don't Let Your Emotions Run Your Life: How Dialectical Behavior Therapy Can Put You in Control (New Harbinger Self-Help Workbook) The Anger Workbook for Women: How to Keep Your Anger from Undermining Your Self-Esteem, Your Emotional Balance, and Your Relationships (New Harbinger Self-Help Workbook) Trigger Point Therapy for Repetitive Strain Injury: Your Self-Treatment Workbook for Elbow, Lower Arm, Wrist, & Hand Pain (New Harbinger Self-Help Workbook) Mindfulness for Borderline Personality Disorder: Relieve Your Suffering Using the Core Skill of Dialectical Behavior Therapy The Generalized Anxiety Disorder Workbook: A Comprehensive CBT Guide for Coping with Uncertainty, Worry, and Fear (New Harbinger Self-Help Workbooks) The Wisdom to Know the Difference: An Acceptance and Commitment Therapy Workbook for Overcoming Substance Abuse (New Harbinger Self-Help Workbook) Get Out of Your Mind and Into Your Life: The New Acceptance and Commitment Therapy (A New Harbinger Self-Help Workbook) The Dialectical Behavior Therapy Skills Workbook for Anxiety: Breaking Free from Worry, Panic, PTSD, and Other Anxiety Symptoms The Mild Traumatic Brain Injury Workbook: Your Program for Regaining Cognitive Function and Overcoming Emotional Pain (New Harbinger Self-Help Workbook) The Qigong Workbook for Anxiety: Powerful Energy Practices to Rebalance Your Nervous System and Free Yourself from Fear (New Harbinger Self-Help Workbook) Dialectical Behavior Therapy Skills

Training with Adolescents The Chronic Pain Control Workbook: A Step-By-Step Guide for Coping with and Overcoming Pain (New Harbinger Workbooks) Quiet Your Mind and Get to Sleep: Solutions to Insomnia for Those with Depression, Anxiety or Chronic Pain (New Harbinger Self-Help Workbook) Mind and Emotions: A Universal Treatment for Emotional Disorders (New Harbinger Self-Help Workbook)

[Dmca](#)