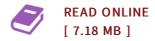




The Compassionate Mind Approach to Overcoming Anxiety

By Dennis D. Tirch, Paul Gilbert

Little, Brown Book Group. Paperback. Book Condition: new. BRAND NEW, The Compassionate Mind Approach to Overcoming Anxiety, Dennis D. Tirch, Paul Gilbert, We know what it's like to worry from time to time, but for some of us, our worrying can take over and have a serious impact on our lives. When our anxiety gets out of hand and starts to dominate our lives, affecting how we function and our general sense of wellbeing, it's time to do something about it. This accessible self-help guide provides the reader with a clear understanding of how problem anxiety develops, the kinds of problems it's causing them and sets out ground-breaking Compassion Focused Therapy (CFT) techniques to overcome their anxiety. CFT was initially developed by Professor Paul Gilbert OBE, author of the bestselling The Compassionate Mind which set out his ground-breaking approach, to treat those with high levels of shame and self-criticism. It uses the proven, researchbased techniques of CBT and other therapies with a special focus on the importance of developing inner compassion, in order to alleviate feelings of shame, develop a more balanced outlook and promote resilience. It incorporates elements of mindfulness and Tibetan Buddhism with recent research on human...



Reviews

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