



Exploring Feelings: Cognitive Behaviour Therapy to Manage Anxiety, Sadness and Anger

By Tony Attwood

Future Horizons Incorporated, United States, 2007. DVD. Book Condition: New. 180 x 138 mm. Language: N/A. Brand New Book. If you have difficulty understanding what you and those around you are feeling, the world can be a confusing and frustrating place. Misinterpretation of social and physical events can result in feelings of anxiety, depression, and anger. But with education and guidance, individuals with these challenges can learn how to understand and cope with their feelings in positive ways. In this intriguing presentation, world-renowned psychologist Dr. Tony Attwood teaches caregivers how to implement cognitive behaviour therapy. This therapy helps people effectively work through their emotions by developing their ability to interpret the causes and effects of their own actions and reactions. Dr. Attwood offers important advice on: assessing emotional needs; avoiding and correcting misinterpretation of emotion; building self-esteem and improving self-awareness; managing anxiety, depression, and anger; and, defining physical and social tools.



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[6.9 MB]

Reviews

This publication may be really worth a go through, and a lot better than other. It really is written in simple terms and never difficult to understand. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Natalie Abbott**

This book will not be simple to get going on reading but extremely exciting to read through. Yes, it can be playful, still an interesting and amazing literature. I am very easily could possibly get a delight of reading a written book.

-- **Rene Olson**

Other Books

**Read Write Inc. Phonics: Orange Set 4 Storybook 7 Come on, Margo!**

Oxford University Press, United Kingdom, 2016. Paperback. Book Condition: New. Tim Archbold (illustrator). 180 x 100 mm. Language: N/A. Brand New Book. These engaging Storybooks provide structured practice for children learning to read the Read Write Inc. Set 1 and 2 sounds....

**Read Write Inc. Phonics: Pink Set 3 Storybook 3 in the Sun**

Oxford University Press, United Kingdom, 2016. Paperback. Book Condition: New. Tim Archbold (illustrator). 207 x 138 mm. Language: N/A. Brand New Book. These engaging Storybooks provide structured practice for children learning to read the Read Write Inc. Set 1 and 2 sounds....

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**Read Write Inc. Phonics: Orange Set 4 Storybook 2 I Think I Want to be a Bee**

Oxford University Press, United Kingdom, 2016. Paperback. Book Condition: New. Tim Archbold (illustrator). 209 x 149 mm. Language: N/A. Brand New Book. These engaging Storybooks provide structured practice for children learning to read the Read Write Inc. Set 1 and 2 sounds....

**Read Write Inc. Phonics: Orange Set 4 Storybook 12 Hunt the Tortoise**

Oxford University Press, United Kingdom, 2016. Paperback. Book Condition: New. Tim Archbold (illustrator). 207 x 122 mm. Language: N/A. Brand New Book. These engaging Storybooks provide structured practice for children learning to read the Read Write Inc. Set 1 and 2 sounds....