



DBT Therapy: Your Guide to Happiness (Dialectical Behavioral Therapy - Borderline Personality Disorder - Traumatic Brain Injury - DBT for Anxiety)

Paul Catalani

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Life entails inevitable challenges. To surmount these battles, we each seek for various mechanisms. This particular eBook on Dialectical Behavior Therapy (DBT) is developed for those who are struggling with Borderline Personality Disorder (BPD), depression, anxiety, and other psychiatric disorders. It will also be a great resource for those who have loved ones beset by the same issues.

Mindfulness

No longer living life in your absence; increasing self-awareness

Interpersonal Effectiveness

Actively interacting with others and managing conflicts

Emotion Regulation

Discerning, describing and regulating emotions

Distress Tolerance

Coping strategies for distressing crises

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Carlos Vickers:

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Daryl Pena:

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