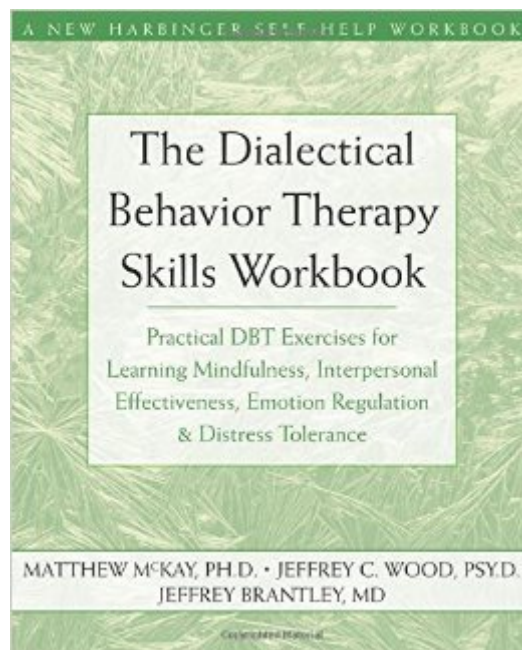


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# The Dialectical Behavior Therapy Skills Workbook: Practical DBT Exercises For Learning Mindfulness, Interpersonal Effectiveness, Emotion Regulation & ... Tolerance (New Harbinger Self-Help Workbook)



## Synopsis

A Clear and Effective Approach to Learning DBT Skills First developed for treating borderline personality disorder, dialectical behavior therapy (DBT) has proven effective as treatment for a range of other mental health problems, especially for those characterized by overwhelming emotions. Research shows that DBT can improve your ability to handle distress without losing control and acting destructively. In order to make use of these techniques, you need to build skills in four key areas—distress tolerance, mindfulness, emotion regulation, and interpersonal effectiveness. The *Dialectical Behavior Therapy Skills Workbook*, a collaborative effort from three esteemed authors, offers straightforward, step-by-step exercises for learning these concepts and putting them to work for real and lasting change. Start by working on the introductory exercises and, after making progress, move on to the advanced-skills chapters. Whether you are a professional or a general reader, whether you use this book to support work done in therapy or as the basis for self-help, you'll benefit from this clear and practical guide to better managing your emotions. This book has been awarded The Association for Behavioral and Cognitive Therapies Self-Help Seal of Merit—an award bestowed on outstanding self-help books that are consistent with cognitive behavioral therapy (CBT) principles and that incorporate scientifically tested strategies for overcoming mental health difficulties. Used alone or in conjunction with therapy, our books offer powerful tools readers can use to jump-start changes in their lives. Find more help online at [elearning.newharbinger.com](http://elearning.newharbinger.com). *Self-Help Therapy* offers web-based treatment for borderline personality disorder (BPD) and emotion dysregulation based on the book *The Dialectical Behavior Therapy Skills Workbook*. Other modules in *Self-Help Therapy* offer treatment for stress, anxiety, depression, and anger.

## Book Information

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## Customer Reviews

Without any exaggerations intended, this book has seriously saved my life and me from myself. I am 23 years old and ever since I was between 13-14, a certain darkness crept over me and everybody around me saw negative changes in me that even I couldn't understand at first. My parents figured it was just teen angst, something that will go away on its own. At age 19 to 20-21, I was cutting myself and couldn't run away from the monster that whispers horrible things to me, telling me that I was unloved and that I should kill myself. At 22, I almost went with a plan to kill myself by hanging, and I got sent to a psych ward. Like always, nothing had helped. This year, I almost lost the love of my life because of my constant mood swings, negative thoughts, suicidal tendencies, degrading myself through words and action, overreacting to everything in the worst ways, aggressive and abusive behavior, and generally being a complete nightmare to be with. I looked around for ways to cope, and I don't know how, but I came across Dialectical Behavior Therapy and its supposed miraculous results. I thought I had borderline personality disorder, so I found this book and purchased it while seeing a therapist. She diagnosed me with clinical depression with post traumatic stress disorder. She highly believes that I can still use the workbook for DBT even if I wasn't borderline. So, I went straight to work. My God. I don't know how to describe the book, but it was like finding a true blue best friend who wants to tend to your wounds and heal you from the inside out. This book encompasses all four modules of the DBT, which includes: 1. Distress Tolerance 2. Mindfulness 3. Emotional Regulation 4.

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