



Overcoming Mood Swings Overcoming Obsessive Compulsive Disorder Overcoming Panic and Agoraphobia Overcoming Paranoid and Suspicious Thoughts Overcoming Perfectionism Overcoming Problem Drinking Overcoming Relationship Problems Overcoming Sexual Problems Overcoming Social Anxiety and Shyness Overcoming Stress Overcoming Traumatic Stress Overcoming Weight Problems Overcoming Worry Overcoming Your Child's Fears & Worries Overcoming Your Child's Shyness and Social Anxiety Overcoming You Smoking Habit

Conquering Panic and Anxiety Disorders

Waar ik ga

De Koreaanse Oorlog

Het vuur in mij

What Every Therapist Needs to Know About Anxiety Disorders is an integrated and practical approach to treating anxiety disorders for general psychotherapists. What is new and exciting is its focus on changing a patient's relationship to anxiety in order to enable enduring recovery rather than merely offering a menu of techniques for controlling symptoms. Neither a CBT manual nor an academic text nor a self-help book, What Every Therapist Needs to Know About Anxiety Disorders offers page after page of key insights into ways to help patients suffering from phobias, panic attacks, unwanted intrusive thoughts, compulsions and worries. The authors offer a rich array of therapist-patient vignettes, case examples, stories, and metaphors that will complement the work of trainees and experienced clinicians of every orientation. Readers will come away from the book with a new framework for understanding some of the most frustrating clinical challenges in anxiety disorders, including "reassurance junkies," endless obsessional loops, and the paradoxical effects of effort.

People living with eating disorders find it hard to take the step of choosing recovery, often because the disorder has developed as a way of 'coping' with problems or stresses in the their life. This book outlines new and positive ways of dealing with eating disorders for people living with eating disorders and their families. A practical workbook written by someone who has lived with eating disorder, it provides advice and strategies to aid understanding and to help the reader to gain control of their illness. Anna Paterson leads the reader through easy-to-use therapeutic exercises, such as describing the pros and cons of an illness, writing a farewell letter to it, and using role-reversal scenarios to get a new perspective on their attitude to eating. She emphasizes the importance of taking things at your own pace and in the final section of the book provides a set of diet plans specifically designed for anorexics, bulimics and compulsive overeaters. This book will be valued by people living with eating disorders and their families, and also the psychologists and psychotherapists, counsellors, health professionals and social workers who work with them.

Emetophobia can have a huge impact on daily life, from avoiding certain foods and alcohol to worrying about travel, pregnancy, hygiene and caring for loved ones when they are ill. This self-help guide will help you to better understand emetophobia and give you the tools to overcome it. Using proven cognitive behavioural therapy (CBT) including exposure and response prevention (ERP) techniques, this book will support you to:

- Understand what emetophobia is and what keeps it going
- Identify your problems and goals
- Set out a step-by-step plan to challenge and defeat your emetophobia
- Overcome common challenges and setbacks.

The book also includes guidance on medical treatment and advice for friends, partners and family of adults and young people with emetophobia.

Het einde van mijn verslaving

Free Yourself from Emetophobia

Een psychotherapeut zoekt antwoorden, voor patiënten én zichzelf

Living With Emetophobia...My Story

Deze YA-roman volgt Cody Reynolds in de maanden na de onverwachte zelfmoord van haar beste vriendin Meg. Waarom heeft Meg haar niet gewaarschuwd? Cody ontdekt dat er een hoop is wat Meg haar nooit heeft verteld. Over haar oude schoolvriendinnen, over Ben McAllister - de jongen die Megs hart brak - en over een versleuteld computerbestand, dat Cody niet lijkt te kunnen openen. Wanneer ze toch toegang krijgt tot het bestand, worden de geheimen achter Megs dood beetje bij beetje aan Cody onthuld...

Op het moment dat Freya haar stem verliest tijdens het opnemen van haar debuutalbum, wil Harun weglopen met de jongen van wie hij houdt en komt Nathaniel na een familietragedie aan in New York. De drie ontmoeten elkaar in Central Park waarna hun wegen niet meer scheiden. Door beetje bij beetje delen van hun verleden aan elkaar te onthullen, proberen ze samen de weg terug naar zichzelf te vinden.

American Book Publishing Record

Opgeruimd leven met ADHD

A CBT Self-Help Guide for a Fear of Vomiting

Vrouw zoekt berg om tegen op te zien