

The Practical DBT Guide for Adult Mental Health

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Synopsis

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Do you want to conquer the blight in your life that is constant overthinking? Are you looking for the simplest, most effective set of techniques that will amplify your self-esteem? When you want to work on living your best life, the first thing you have to do is believe that you can be the change you want to see in the world. There are so many instances of people struggling because they simply don't believe they have it within themselves to turn their lives around.

The good news is that you can achieve great changes in your life by connecting with words that truly mean something. It's all about believing in the process and staying the course in a way that allows you to change the way you see yourself.

This guide is for anyone who wants to give themselves everything they need to grow into themselves and explore the true meaning of high self-esteem. Inside this audiobook, you're going to learn about:

- The importance of mental health
- Concepts and theories supporting mental health
- Developing emotional intelligence
- Positive psychology interventions
- The effectiveness of DBT in improving mental health
- Goal setting and mindfulness skills
- Developing interpersonal effectiveness skills
- Important distress tolerance skills
- Emotional regulation skills in DBT
- Practicing self-love
- And a whole lot more!

As soon as you believe that you can make progress, you'll be able to change the way you see your position in the world. And that's when you'll make peace with the person you really are.

Reader's comments

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