



You Untangled: A DBT Skills Workbook, Practical Tools To Manage Your Emotions And Improve Your Life (Skills Workbooks)

Amy Tibbitts

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Do You Suffer From Overwhelming Anxiety, Intense Roller-Coaster Emotions Or Self-Harm Behaviors?

If you have been diagnosed with Borderline Personality Disorder, experience emotional suffering or simply have difficulty managing your emotions, *You Untangled* can help. Using the principles of dialectical behavioral therapy, this workbook offers proven methods to help free you from the tangled circumstances often brought on by chaotic thinking and behavior.

Learn how to:

- Evaluate and understand your emotions
- Communicate effectively and maintain healthy relationships
- Achieve deeper understanding about why you feel the way you feel
- Gain the confidence necessary to say "no" to others
- Discover how mindful living can grant you a new perspective

With the compassionate guidance and practical skills presented in this workbook, you can conscientiously create a path toward the healthy, happy and fulfilling future you've always desired.

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Harry Oliver:

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