



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

*Matthew McKay, Jeffrey C. Wood, Jeffrey Brantley*

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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)

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## 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.

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**Beverly Woods:**

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