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By Bevilacqua, Louis J.

Wiley, 2001. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: Series Preface. Acknowledgments. Introduction. SECTION I?Adult Children of Alcoholics. Exercise I.A What's My Role? Exercise I.B What Can I Control? What Do I Need? Exercise I.C We're Not Supposed to Talk about That! SECTION II?Agoraphobia/Panic. Exercise II.A When Is This Going to Happen? Exercise II.B Breaking My Panic Cycle. Exercise II.C Facing Fears?Part One. Exercise II.D Facing Fears?Part Two. SECTION III?Anger Control Problems. Exercise III.A Anger Log. Exercise III.B Is It Anger or Aggression? Exercise III.C Go Blow Out Some Candles. Exercise III.D My Safe Place. SECTION IV?Anxiety. Exercise IV.A What Happens When I Feel Anxious? Exercise IV.B What Else Can I Say or Do? Exercise IV.C Beating Self-Defeating Beliefs. SECTION V? Assertiveness Deficit. Exercise V.A Is It Passive, Aggressive, or Assertive? Exercise V.B It's Okay to Be Assertive. SECTION VI? Bulimia. Exercise VI.A Am I Hungry? Exercise VI.B I Need to Get Control. Exercise VI.C What Am I Thinking? Exercise VI.D Is It Good Food or Bad Food? Should It Matter That Much? SECTION VII?Caregiver Burnout. Exercise VII.A Being a Caregiver Makes Me Feel. Exercise VII.B This Is for Me and That's Okay. Exercise VII.C...



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