



# Gestion du stress et de l'anxiété (French Edition)

*Dominique Servant*

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## **Gestion du stress et de l'anxiété (French Edition) Dominique Servant**

Cette deuxième édition de *Gestion du stress et de l'anxiété* propose deux nouveaux exercices de relaxation (contrôle respiratoire, relaxation musculaire progressive) et un module de thérapie de groupe. Un des motifs de consultation les plus fréquents, le stress, fait désormais l'objet d'une partie plus détaillée. Cette nouvelle édition intègre également la prise en charge des phobies sociales dont l'agoraphobie, traitée auparavant dans un autre volume.

La gestion du stress et de l'anxiété est aujourd'hui en plein essor dans le monde de la santé et de la psychologie, mais intéresse aussi de plus en plus le monde de l'entreprise et de l'éducation. Cette refonte de l'ouvrage a pour objectif de rendre compte des avancées importantes effectuées dans la prise en charge de ces troubles (médicaments, psychothérapies). Centré sur l'approche TCC, particulièrement bien indiquée pour la prise en charge, l'ouvrage bénéficie des dernières recherches sur les traits de personnalité et les émotions, en lien étroit avec le stress et l'anxiété.

Indispensable aux praticiens confrontés sans cesse à des patients anxieux, cet ouvrage sera également utile au patient qui y trouvera des informations pratiques.

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**Harry Crawford:**

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