



**The Dialectical Behavior Therapy Skills
Workbook: Practical DBT Exercises for Learning
Mindfulness, Interpersonal Effectiveness, Emotion
Regulation & ... Tolerance (New Harbinger Self-
Help Workbook) by Matthew McKay, Jeffrey C.
Wood, Jeffrey Brantley 1st (first) edition
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Jeffrey C. Wood, Jeffrey Brantley Matthew McKay

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his book, a collaborative effort from several esteemed authors, offers general readers and professionals alike straightforward, step-by-step exercises for learning and putting into practice the four core DBT skills: mindfulness, interpersonal effectiveness, emotion regulation, and distress tolerance.

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