



**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  
[Paperback(2007)]**

*Jeffrey C. Wood, Jeffrey Brantley Matthew McKay*

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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) by Matthew McKay, Jeffrey C. Wood, Jeffrey Brantley 1st (first) edition [Paperback(2007)]**

*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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