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Reducing daily stress: Breaking a habit

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REDUCING DAILY STRESS BREAKING A HABIT

Anke Versluis

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Reducing daily stress: Breaking a habit

Proefschrift

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Dr. V.R. Janssen

“People are not disturbed by things, but by the view they take of them”
Epictetus

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General introduction

Reducing worry and subjective health complaints: A randomized trial of an internet-delivered worry postponement intervention

Changing mental health and positive psychological well-being using ecological momentary interventions: A systematic review and meta-analysis

Feasibility and effectiveness of a worry-reduction training using the smartphone: A pilot randomized controlled trial

Effectiveness of a smartphone-based worry-reduction training for stress reduction: A randomized controlled trial

Converging evidence that subliminal evaluative conditioning does not affect self-esteem or cardiovascular activity

General discussion

References

Dutch summary (Nederlandse samenvatting)

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Curriculum Vitae

Publications
