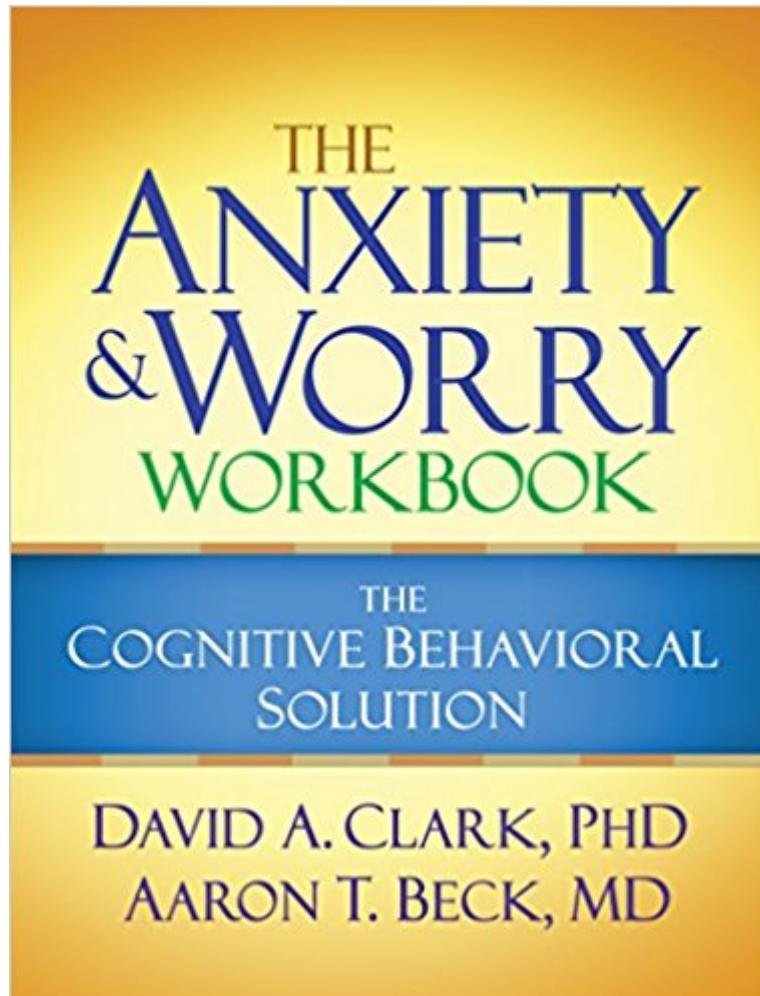




Ebook Directory
the best source of ebook

The book was found

Anxiety And Worry Workbook



Synopsis

If you're seeking lasting relief from out-of-control anxiety, this is the book for you. It is grounded in cognitive behavior therapy, the proven treatment approach developed and tested over more than 25 years by pioneering clinician-researcher Aaron T. Beck. Now Dr. Beck and fellow cognitive therapy expert David A. Clark put the tools and techniques of cognitive behavior therapy at your fingertips in this compassionate guide. Carefully crafted worksheets (you can download and print additional copies as needed), exercises, and examples reflect the authors' decades of experience helping people just like you. Learn practical strategies for identifying your anxiety triggers, challenging the thoughts and beliefs that lead to distress, safely facing the situations you fear, and truly loosening anxiety's grip--one manageable step at a time. Association for Behavioral and Cognitive Therapies (ABCT) Self-Help Book of Merit

Book Information

File Size: 9212 KB

Print Length: 294 pages

Publisher: The Guilford Press; 1 edition (November 15, 2011)

Publication Date: November 15, 2011

Sold by: Digital Services LLC

Language: English

ASIN: B00FOT65TC

Text-to-Speech: Not enabled

X-Ray: Not Enabled

Word Wise: Not Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #86,145 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #22 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Counseling & Psychology > Pathologies > Anxieties & Phobias #60 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Counseling & Psychology > Mental Health > Mood Disorders #82 in Kindle Store > Kindle eBooks > Nonfiction > Politics & Social Sciences > Social Sciences > Social Work

Customer Reviews

I am a cognitive behavior therapist specializing in anxiety disorders. I often recommend this book to my clients who have generalized anxiety, excessive worry, panic attacks or social anxiety. I

consider this to be an advanced workbook as it is more helpful to people who have already read a more basic workbook on anxiety or clients who already have a basic understanding of CBT. It has a strong emphasis on cognitive skills to help you change your thinking about anxiety by learning to assess danger more realistically as well as increase your ability to cope with the situations that make you anxious. In Chapter 7, it also includes some behavioral work incorporating exposure therapy, which is critical for anyone trying to get control of anxiety. Research has indicated that exposure may be the most critical element in reducing anxiety. I have found that a combination of exposure plus cognitive restructuring is most beneficial. Otherwise, people may be too afraid or unmotivated to face their fears in real life. The cognitive work helps people get ready to do things that are uncomfortable. Paradoxically, the way to reduce anxiety is to approach it and even welcome anxiety into your life. The less you fear being anxious, the less anxious you will feel. I really like Chapter 11 on Overcoming Worry. It is one of the best chapters I have read on strategies to deal with worry. Overall, I think this is a superb workbook and, if you can do all the exercises in this workbook, you will gain new skills to manage anxiety and worry.

very useful practical book for patients!

Such a great resource and using it for my clients - seems to be working great! Thank you!!

This is a great workbook for those with anxiety a must

I've had bladder pains my whole life and this book is such an eye opener! Highly recommend it!
Helps with anxiety A LOT

Great book, great price!!

A nice work book with good exercises and steps. I think it will be helpful.

Easy to use. My therapist recommended, but you can get this on your own and go through page by page.

[Download to continue reading...](#)

Anxiety: Anxiety Cure Secrets: 10 Proven Ways To Reduce Anxiety & Stress Rapidly (BONUS- 30minute Anxiety Coaching Session- Anxiety Cure, Become Free, 10 simple ways) The Dialectical

Behavior Therapy Skills Workbook for Anxiety: Breaking Free from Worry, Panic, PTSD, and Other Anxiety Symptoms (A New Harbinger Self-Help Workbook) The Worry Workbook for Teens: Effective CBT Strategies to Break the Cycle of Chronic Worry and Anxiety CBT Worksheets for Teenage Social Anxiety: A CBT workbook to help you record your progress using CBT for social anxiety. This workbook is full of ... CBT therapy and CBT books on social anxiety. The Mindfulness and Acceptance Workbook for Anxiety: A Guide to Breaking Free from Anxiety, Phobias, and Worry Using Acceptance and Commitment Therapy The Pregnancy and Postpartum Anxiety Workbook: Practical Skills to Help You Overcome Anxiety, Worry, Panic Attacks, Obsessions, and Compulsions The Anxiety Workbook for Teens: Activities to Help You Deal with Anxiety and Worry The Anxiety Workbook for Teens: Activities to Help You Deal with Anxiety and Worry (Instant Help Solutions) Separation Anxiety: A Parent's Guide for Dealing with a Child's Separation Anxiety ~ (Separation Anxiety Disorder | Separation Anxiety in Children or Toddlers) "Do Not Worry, Do Not Be Anxious, Do Not Be Afraid": A Self-Help Manual for People Who Worry a Lot and Suffer Anxiety and Fear The Worry Trap: How to Free Yourself from Worry & Anxiety using Acceptance and Commitment Therapy 101 Ways to Conquer Teen Anxiety: Simple Tips, Techniques and Strategies for Overcoming Anxiety, Worry and Panic Attacks Anxiety: Rewire Your Brain Using Neuroscience to Beat Anxiety, Fear, Worry, Shyness and Panic Attacks The Anxiety and Worry Workbook: The Cognitive Behavioral Solution Mastery of Your Anxiety and Worry: Workbook (Treatments That Work) Anxiety and Worry Workbook The Generalized Anxiety Disorder Workbook: A Comprehensive CBT Guide for Coping with Uncertainty, Worry, and Fear (New Harbinger Self-Help Workbooks) Binding the Spirit of Fear, Worry and Depression: Divine Revelations and Powerful Prayers to Bind and Cast Out Fear, Worry, Depression & Panick Attacks from Your Life Permanently The Worry Cure: Seven Steps to Stop Worry from Stopping You Mindfulness for Teen Anxiety: A Workbook for Overcoming Anxiety at Home, at School, and Everywhere Else (An Instant Help Book for Teens)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)