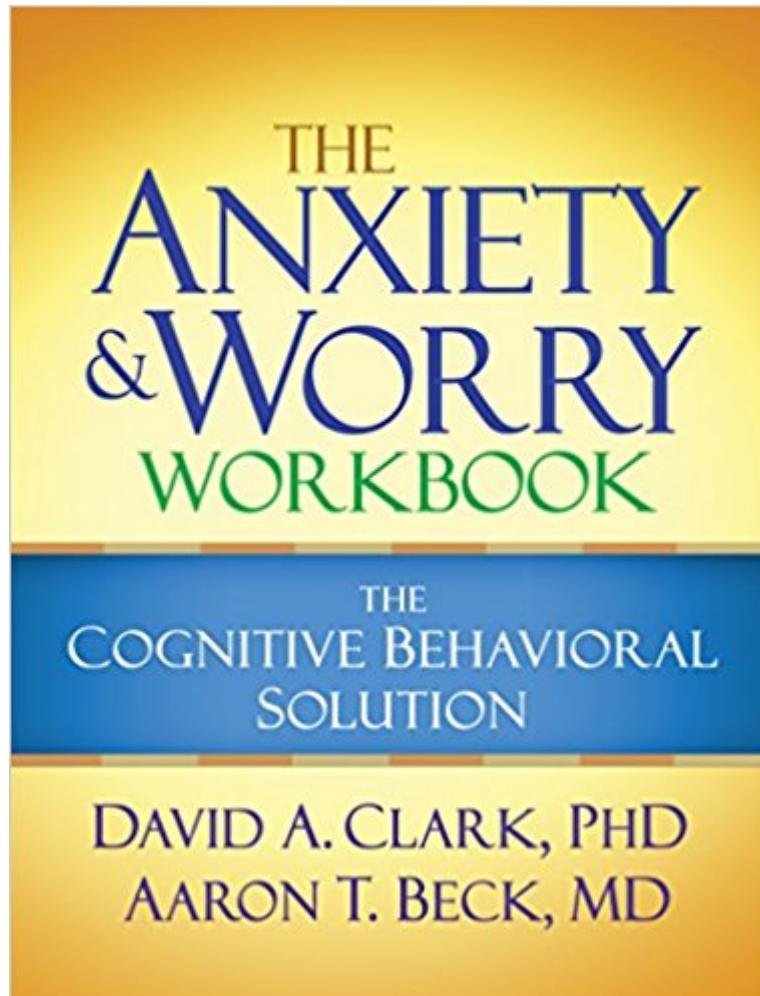




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# Anxiety And Worry Workbook



## 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

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## 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.

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