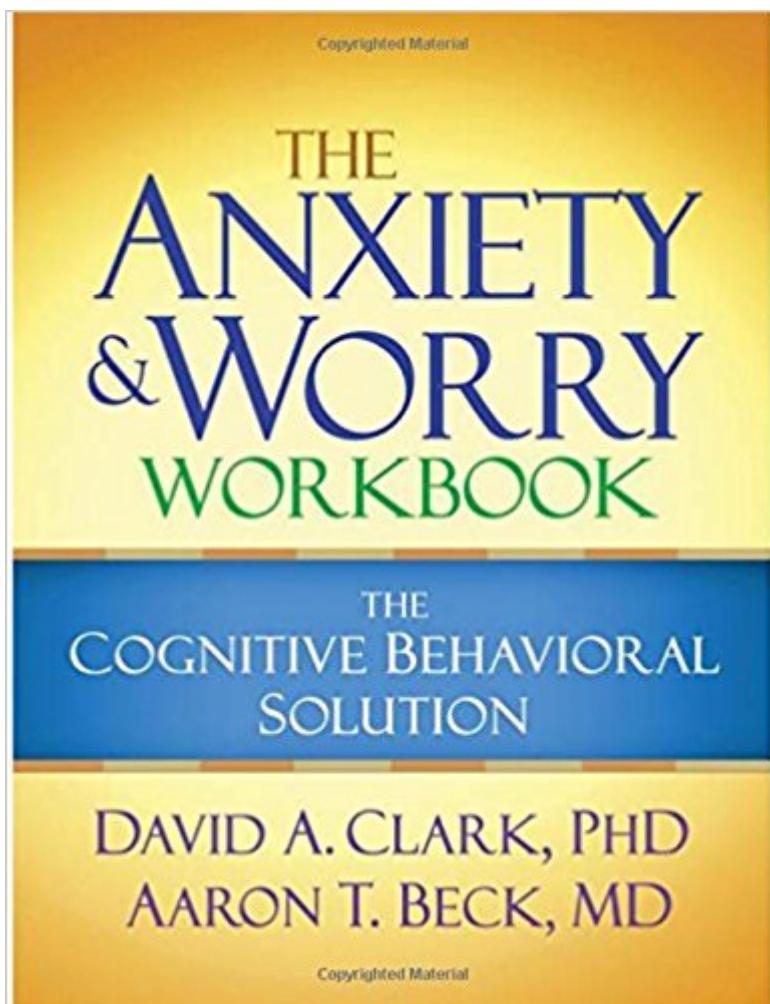


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# The Anxiety And Worry Workbook: The Cognitive Behavioral Solution



## Synopsis

Ã  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

"Buy this gem of a book when you are ready to face your anxiety and take the necessary steps to overcome it. Drs. Clark and Beck are leaders in cognitive therapy, which has the highest anxiety treatment success rates in the world. Everyone who has ever felt anxious will recognize themselves in these pages and gain new understanding of what drives their anxiety. Even better, each chapter is packed with worksheets that can help lower anxiety within days and weeks. This is your chance to follow expert guidance with confidence as you take steps toward a calmer, happier future."--Christine A. Padesky, PhD, coauthor of *Mind Over Mood* "From world-renowned cognitive

therapists, this hands-on, practical, step-by-step workbook can help you free yourself from debilitating anxiety and worry. Use this book as a daily guide to understanding and changing your thinking. Drs. Clark and Beck offer a clear and empowering roadmap for building a better life."--Robert L. Leahy, PhD, author of *The Worry Cure* "A great gift to anyone suffering from anxiety. This book is accessible, is written with warmth and wisdom, and includes the most up-to-date cognitive behavioral strategies. Enormously valuable, it is sure to inspire courage and hope."--Paul Gilbert, PhD, author of *The Compassionate Mind* "A valuable and accessible resource for the millions of people around the world who suffer from anxiety, especially those who have panic attacks, fear social situations, or are tormented by constant worry."--Richard G. Heimberg, PhD, Thaddeus L. Bolton Professor of Psychology and Director, Adult Anxiety Clinic of Temple, Temple University ¶ "An excellent resource of well-tested exercises, explanations and encouragement." (The Psychologist 2013-07-12) ¶ "The book is nicely structured. It guides readers to understanding their anxiety and develop strategies to overcoming their problems, using excellent case examples, trouble shooting tips, worksheets and homework exercises throughout. Gives a clear, accessible description of cognitive therapy (CT) for anxiety disorders, how it works, and what to expect from therapy sessions and a therapist. This is particularly helpful for readers using this book in conjunction to therapy. The book nicely balances normalizing people's experiences and inspiring hope and motivation, with gentle reminders that overcoming anxiety can take time and requires practice in implementing the strategies taught throughout the book. This book is an excellent, accessible self-help manual for individuals suffering from anxiety. It would also be a valuable tool for therapists and an accompaniment to patients already having cognitive therapy." (Journal of Behavioural and Cognitive Psychotherapy 2014-01-06)

David A. Clark, PhD, is Professor of Psychology at the University of New Brunswick, Canada, where he also has had a private practice for 25 years. Dr. Clark is a widely recognized authority on cognitive behavior therapy for anxiety and depression and is the author of numerous books, including *The Mood Repair Toolkit*. He is a Fellow of the Canadian Psychological Association and Founding Fellow of the Academy of Cognitive Therapy. Aaron T. Beck, MD, is the founder of cognitive therapy, University Professor Emeritus of Psychiatry at the University of Pennsylvania, and President Emeritus of the Beck Institute for Cognitive Behavior Therapy. Dr. Beck is the recipient of numerous awards, including the Albert Lasker Clinical Medical Research Award, the American Psychological Association (APA) Lifetime Achievement Award, the American Psychiatric

Association Distinguished Service Award, the Robert J. and Claire Pasarow Foundation Award for Research in Neuropsychiatry, and the Institute of Medicine's Sarnat International Prize in Mental Health and Gustav O. Lienhard Award. Together, Drs. Clark and Beck are the authors of a related professional book, *Cognitive Therapy of Anxiety Disorders*, also published by Guilford.

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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