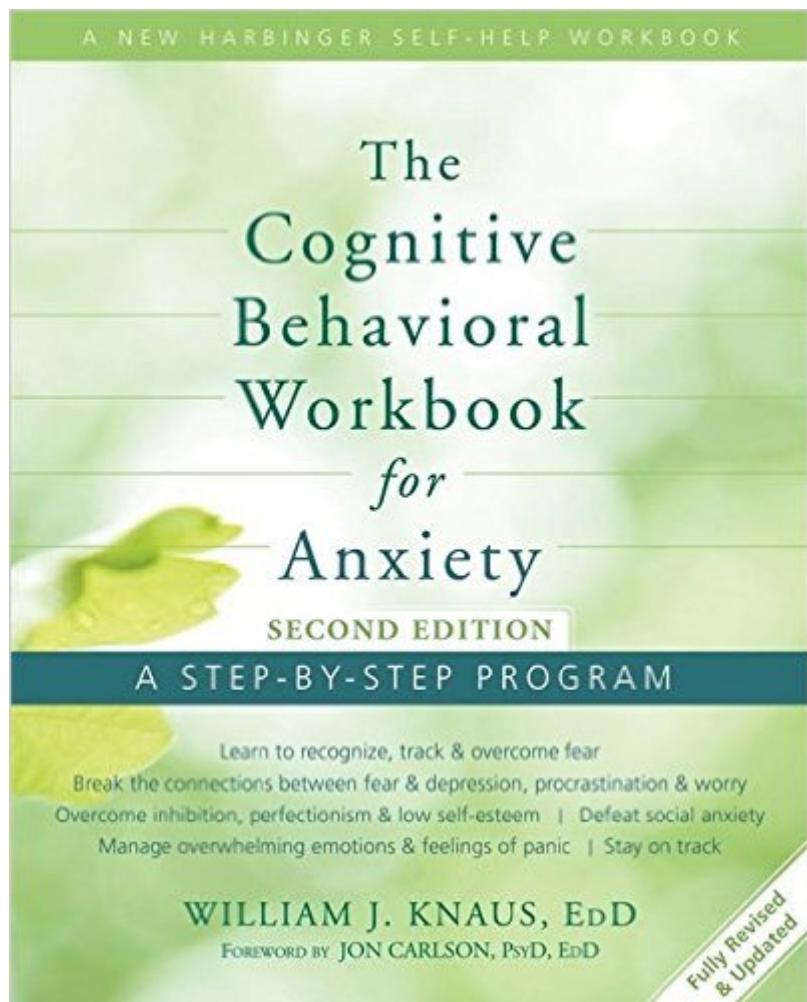


The book was found

The Cognitive Behavioral Workbook For Anxiety: A Step-By-Step Program



Synopsis

When anxious feelings spiral out of control, they can drain your energy and prevent you from living the life you want. If you're ready to stop letting your anxiety have the upper hand, *The Cognitive Behavioral Workbook for Anxiety, Second Edition* can help you to recognize your anxiety triggers, develop skills to stop anxious thoughts before they take over, and keep needless fears from coming back. In the second edition of this best-selling workbook, William J. Knaus offers a step-by-step program to help you overcome anxiety and get back to living a rich and productive life. With this book, you will develop a personal wellness plan using techniques from rational emotive behavior therapy (REBT) and cognitive behavioral therapy (CBT), powerful treatment methods proven to be even more effective than anxiety medication. This edition includes new evidence-based techniques such as behavioral activation and values-based action, addresses perfectionism and anxiety, and features updated, cutting-edge research. Anxiety and panic are intense emotions, and in the moments that you experience them it may seem like you are powerless, but nothing could be further from the truth. This workbook offers a practical program that you can use on your own, or with a therapist, to take back that power and end anxiety once and for all.

Book Information

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Customer Reviews

The techniques and insight of this workbook, along with general progress, has helped my anxiety tenfold. Whether your anxiety is more social, generalized, or your life is merely full of worry, this book will help you. I'm considering buying the depression one as well (although I don't necessarily

need it).

I suppose I was ignorant just to assume that there would be corresponding printable pages somewhere to go along with this workbook. It doesn't work in the Kindle format without something printable, and really shouldn't be sold this way. If you find it helpful or useful at all, you will end up having to buy a second hard copy to get real use from it. While I've enjoyed what I've read of it so far, I'm disappointed that a Kindle version is even offered by the authors/ publishers without any corresponding worksheets available.

This book...I can't say enough positive things about it. I have been on anxiety meds for ELEVEN years. I've seen therapists regularly and nothing lessened my anxiety. However, with the help of this book and exercises and working with a therapist that does CBT I've now been off all anti-anxiety meds for months. If you have anxiety PLEASE try this book!!!!

This has great guidelines for a variety of things we should all work on except those who feel they are perfect (which is not addressed). It will give you back whatever effort you put into it, and sticking to the advice is the challenge as is the case with all CBT.

Excellent book. Easy reading. The book had a significant influence in my life as I had been suffering from 'Anxiety Disorder'. The book clarifies concepts that are easily misunderstood. Leads the reader to clear understanding of his or her situation.

I bought this workbook to help with my insomnia. After working through the book, I still have insomnia but I no longer have anxiety during the night because of my insomnia, to add to my insomnia. It's a good workbook. I recommend it.

Amazing book. I saw it on my therapist desk and decided to download it. Now I know all her techniques! After years of anxiety, panic attacks and constant paranoia and worry the exercises in this book really help me. great book!

I am 18 years old and it has helped me so much dealing with my anxieties and having a boyfriend. There is a mix of reading/lecture and answering worksheets which is a great combination. There's a reflection after each chapter that really helps me remember what I learned.

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