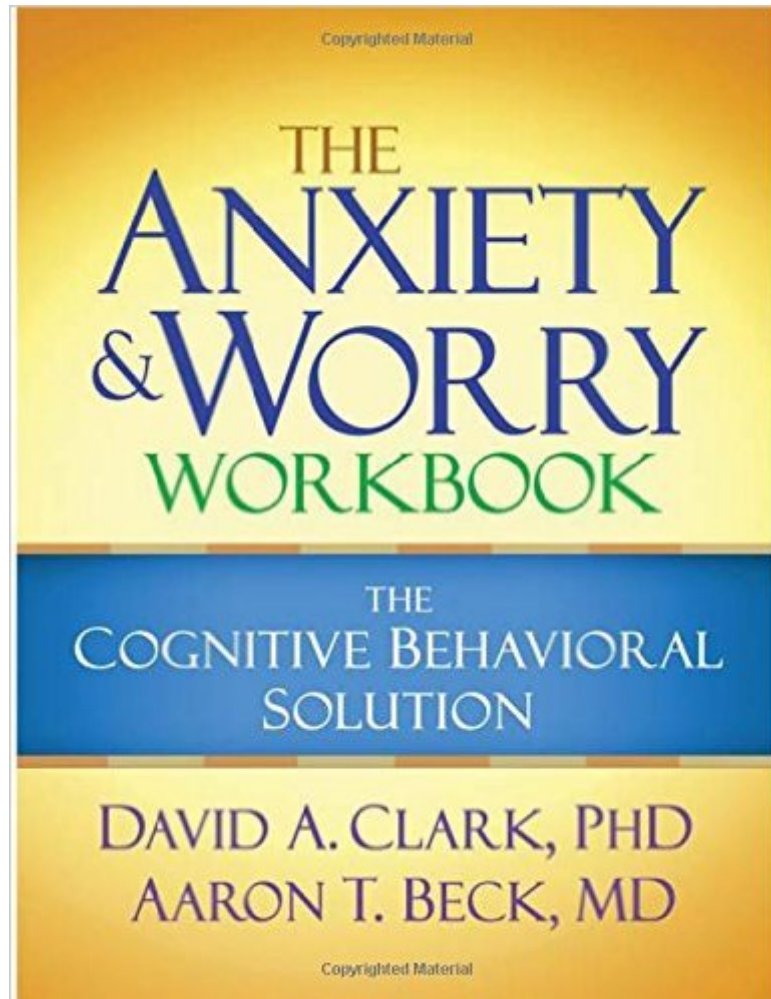


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# The Anxiety And Worry Workbook: The Cognitive Behavioral Solution



## Synopsis

Â 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

This is an important book, for obvious reasons. It's the first self-help book on anxiety by Aaron T. Beck, the founder of cognitive therapy. It's published hot on the heels of Beck's 2010 revised treatment manual for cognitive therapy of anxiety disorders, also co-authored with David Clark. Beck's original treatment manual for anxiety was published in 1985 and revised in 2005 but this is a major revision of his approach. He has now provided an extremely comprehensive account of the scientific evidence for cognitive therapy and a more carefully defined and up-to-date set of guidelines for clinicians. This self-help workbook is basically the companion text for that clinical

manual, presenting the same approach in a version designed for the general public to use by themselves or as homework when seeing a cognitive therapist using the same approach. It's not as much of a light-read as some popular self-help books. It's a workbook in the true sense, with a thorough and systematic chapter-by-chapter approach, including many forms to complete and regular exercises to engage in, perhaps requiring half an hour of work per day for several months. This, in other words, is a serious evidence-based guide to addressing anxiety directly and it will require commitment from the reader. The book begins with a generic approach to anxiety, which can be used for subclinical problems and many mild-moderate issues. The later chapters focus on three special categories of anxiety: panic attacks, social anxiety and chronic worry. These problems are experienced by many people but the chapters will, of course, be particularly relevant to people who suffer from panic disorder, social phobia, or generalised anxiety disorder (sometimes called the "worry" disorder).

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