



The Anti-Anxiety Workbook: Proven Strategies to Overcome Worry, Phobias, Panic, and Obsessions (Guilford Self-Help Workbook)

By Martin M. Antony, Peter J. Norton

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Recent breakthroughs in the study and treatment of anxiety are empowering countless people to find relief from chronic fears, worrying, phobias, and obsessions. This inviting workbook shows how. The state-of-the-art program presented here is grounded in cognitive-behavioral therapy, the most effective treatment for anxiety. No matter what type of anxiety problem you suffer from, leading experts Drs. Martin M. Antony and Peter J. Norton provide an unrivaled toolkit of proven strategies to help you:

- *Understand what anxiety is and how it gets out of control
- *Identify your anxiety triggers
- *Change the beliefs and behaviors that make symptoms worse
- *Develop a safe, gradual plan for confronting feared situations
- *Learn the facts about medications and herbal remedies
- *Achieve a new level of calm with relaxation and meditation techniques
- *Find the right professional help, if and when you need it

Vivid examples and user-friendly worksheets (you can download and print additional copies as needed) guide you to put the book's science-based techniques into action. Effective problem-solving tips ease you through the rough spots in recovery. If you're ready to take back your life from anxiety, you've come to the right place.

Association for Behavioral and Cognitive Therapies (ABCT) Self-Help Book of Merit

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Editorial Review

Review

"This book gets up-to-date, understandable, and accurate information directly into the hands of the people who need it. It lays out the path to recovery with straightforward examples and user-friendly tools. If you (or someone you care about) have any kind of anxiety problem, now you can find help and answers."--Richard P. Swinson, MD, Department of Psychiatry and Behavioural Neurosciences (Emeritus), McMaster University, Canada

"There have been major advances in the understanding and management of anxiety in recent years, and this book captures all of the key lessons. The techniques and strategies in these pages will help you learn to manage any type of anxiety and fear."--Ronald M. Rapee, PhD, author of *Overcoming Shyness and Social Phobia*

"If you are going to invest your time and energy in a self-help book, you need to be supported by more than just hope. You deserve to trust the authors as experts with combined decades (not years) of experience. You want to feel confident that the strategies are backed by proven science, and applying them will yield the promised results. This workbook delivers on all that."--Reid Wilson, PhD, author of *Don't Panic*

"Everyone with anxiety problems should read this book! It tells you why you have anxiety and exactly, step by step, what you should do about it. It is reader friendly, easy to understand, and based on cutting-edge research. Truly a 'must read.'"--Judith S. Beck, PhD, President, Beck Institute for Cognitive Behavior Therapy

"This is an invaluable self-help volume for people suffering from anxiety disorders. Packed with sound, practical information, the book lucidly describes and illustrates scientifically established strategies for overcoming anxiety. It is comprehensive in the many types of anxiety problems addressed and the range of treatment options covered. Although intended as a workbook for anxiety sufferers, this book is also an important resource for enabling students in the field of mental health to learn about the nature and treatment of anxiety disorders."--Steven Taylor, PhD, Department of Psychiatry, University of British Columbia, Canada

"A useful resource for individuals with anxiety disorders and for practitioners who need a quick and practical overview of effective interventions for anxiety....The topics covered in the book are quite comprehensive and include attention to a wide range of anxiety-related conditions including simple phobias, obsessive-compulsive disorder, panic disorder, social anxiety disorder, general anxiety disorder, post-traumatic stress disorder and other related conditions....A thoughtful, accessible, and practical guide for clients and practitioners working with clients struggling with anxiety. The authors write in a consistently respectful and hopeful manner that engages the reader, leaving him/her with a sense of empowerment. This book is a great addition to any clinician's library and serves as a reminder to prioritize assessment and treatment of co-occurring anxiety. It is also a welcome resource for individuals and their significant others in need of self-help strategies for managing their own or a loved one's anxiety."

(*Psychiatric Rehabilitation Journal* 2008-12-21)

"A valuable contribution to self-help resources. It is easy to read and is supplemented with many user-friendly worksheets."

(*Journal of Behavioural and Cognitive Psychotherapy* 2008-12-21)

"The book will be of great use to all patients with anxiety disorders. It is informative, written in a highly readable style, and contains a lot of useful and practical strategies, including many tables/diaries for patients' use. I believe that a clinician treating patients with anxiety disorders could/should recommend this book to his or her patients. It would be a great complement to treatment that will help patients understand and handle anxiety....The book is definitely worth buying and recommending to all of your anxious patients."

(*Annals of Clinical Psychiatry* 2008-12-21)

"This book is written in a clear and concise style and it includes several chapters of psycho-education, as well as helpful stories of people with anxiety to illustrate key concepts. The authors have taken care to present only evidence-based information and techniques and do so in a relatively unbiased matter...I would strongly recommend this self-help CBT book for anxiety, written by two authors who are well-known in the anxiety disorders field. It is an attractively presented and produced in a manner which facilitates ease of use. This book is priced very reasonably and is excellent value for the money."

(*Canadian Journal of Psychiatry* 2010-11-03)

About the Author

Martin M. Antony, PhD, President-Elect of the Canadian Psychological Association, is Professor and Director of Graduate Training in the Department of Psychology at Ryerson University in Toronto. He is also Director of Research at the Anxiety Treatment and Research Centre, St. Joseph's Healthcare, Hamilton, Ontario. An award-winning researcher, Dr. Antony is the coauthor of *When Perfect Isn't Good Enough, 10 Simple Solutions to Panic*, and numerous other books. His research, writing, and clinical practice focus on cognitive-behavioral therapy and the treatment of anxiety disorders. He has been widely quoted in the U.S. and Canadian media.

Peter J. Norton, PhD, is Professor in the School of Psychological Sciences at Monash University in Australia. Previously, he was Professor of Psychology at the University of Houston, where he directed the University's Anxiety Disorder Clinic. An internationally recognized expert in the study and cognitive-behavioral treatment of anxiety disorders, Dr. Norton has authored nearly 120 research studies; has delivered many presentations and workshops for the scientific community, therapists, and the general public; and sits on the editorial boards of two scientific journals. He is a recipient of the Theodore Blau Early Career Award for Outstanding Contribution to Professional Clinical Psychology from the Society of Clinical Psychology (Division 12 of the American Psychological Association), among other honors. His books include *The Anti-Anxiety Workbook* (for the general public) and *Group Cognitive-Behavioral Therapy of Anxiety* (for mental health professionals).

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Sally Norman:

As people who live in often the modest era should be up-date about what going on or details even knowledge

to make these keep up with the era and that is always change and move forward. Some of you maybe will probably update themselves by studying books. It is a good choice to suit your needs but the problems coming to a person is you don't know what kind you should start with. This *The Anti-Anxiety Workbook: Proven Strategies to Overcome Worry, Phobias, Panic, and Obsessions* (Guilford Self-Help Workbook) is our recommendation to make you keep up with the world. Why, as this book serves what you want and need in this era.

Joseph Kidwell:

Nowadays reading books are more than want or need but also work as a life style. This reading addiction give you lot of advantages. Associate programs you got of course the knowledge the actual information inside the book in which improve your knowledge and information. The info you get based on what kind of e-book you read, if you want send more knowledge just go with training books but if you want feel happy read one having theme for entertaining including comic or novel. The actual *The Anti-Anxiety Workbook: Proven Strategies to Overcome Worry, Phobias, Panic, and Obsessions* (Guilford Self-Help Workbook) is kind of e-book which is giving the reader capricious experience.

Amy Nichols:

The book untitled *The Anti-Anxiety Workbook: Proven Strategies to Overcome Worry, Phobias, Panic, and Obsessions* (Guilford Self-Help Workbook) contain a lot of information on it. The writer explains the girl idea with easy method. The language is very clear to see all the people, so do certainly not worry, you can easy to read the item. The book was published by famous author. The author will bring you in the new age of literary works. You can easily read this book because you can keep reading your smart phone, or model, so you can read the book throughout anywhere and anytime. If you want to buy the e-book, you can start their official web-site as well as order it. Have a nice examine.

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