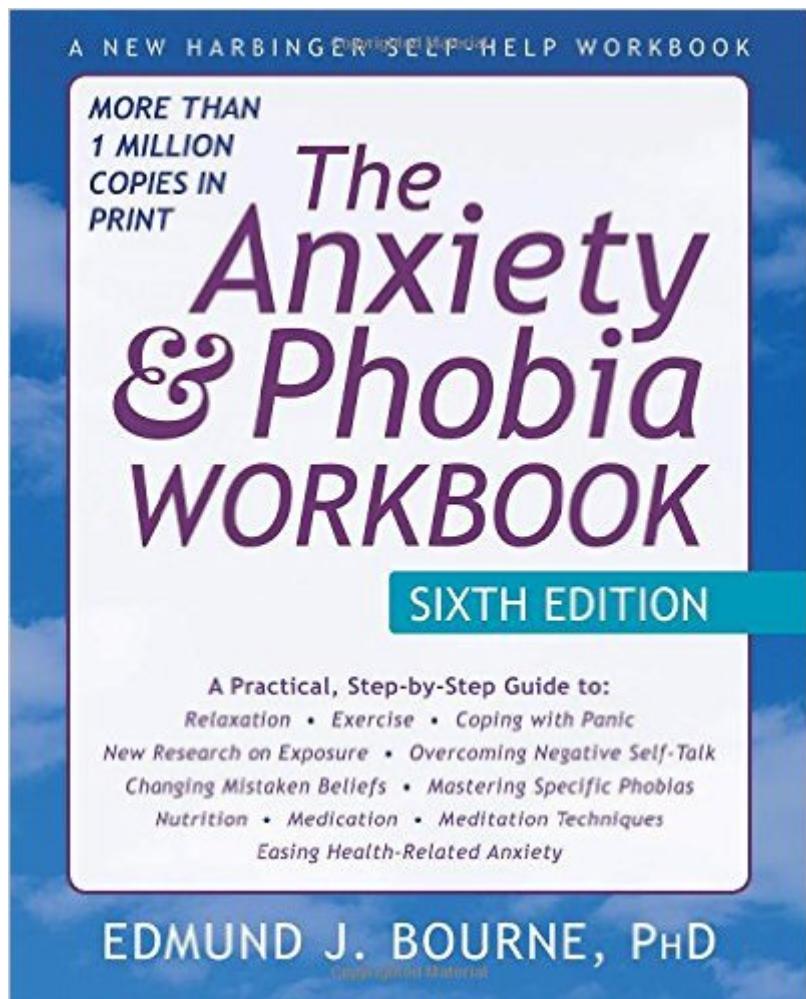


The book was found

# The Anxiety And Phobia Workbook



## Synopsis

Now in its sixth edition and recommended by therapists worldwide, *The Anxiety and Phobia Workbook* has been the unparalleled, essential resource for people struggling with anxiety and phobias for almost thirty years. Living with anxiety, panic disorders, or phobias can make you feel like you aren't in control of your life. If you're ready to tackle the fears that hold you back, this book is your go-to guide. Packed with the most effective skills for assessing and treating anxiety, this evidence-based workbook contains the latest clinical research. You'll develop a full arsenal of skills for quieting fears and taking charge of your anxious thoughts, including: Relaxation and breathing techniques Ending negative self-talk and mistaken beliefs Imagery and real-life desensitization Lifestyle, nutrition, and exercise changes Written by a leading expert in cognitive behavioral therapy (CBT) and a classic in its field, this fully revised edition offers powerful, step-by-step treatment strategies for panic disorders, agoraphobia, generalized anxiety disorder (GAD), obsessive-compulsive disorder (OCD), post-traumatic stress disorder (PTSD), worry, and fear. You will also find updated information compatible with the DSM-V, as well as current information on medications and treatment, nutrition, mindfulness training, exposure therapy, and the latest research in neurobiology. Whether you suffer from anxiety and phobias yourself, or are a professional working with this population, this book will provide the latest treatment solutions for overcoming the fears that stand in the way of living a full, happy life. This workbook can be used on its own or as a supplement to therapy.

## Book Information

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## Customer Reviews

I am 32 years old and after a miscarriage in December I was recently diagnosed with generalized anxiety disorder and agoraphobia (due to a major hormonal imbalance, I believe). Even with all the medication I am on and weekly visits to my therapist, this book has helped me the most. I love the way it's laid out and I love the worksheets but this book would still be very useful even without using the worksheets. It's not as much of a "workbook" as I thought it would. It's so much better. If you have struggled with anxiety, panic attacks and phobias BUY THIS BOOK.

This is the best book to work through anxiety issues using cognitive behavioral therapy. I found it to be very helpful years ago when I suffered from agoraphobia. Techniques really work, information about the physical characteristics of anxiety/panic attacks put my mind at ease. I purchased this for a friend who is in a similar circumstance. I recommend this book highly.

This book is essential for anyone trying to recover from anxiety. It gave me hope and tools for recovery at a time when I was desperate. Yes you can get over anxiety and get your life back!

This is a good workbook if you have anxiety, or if you're a professional mental health worker. I am both. I am a mental health therapist who has also suffered from panic disorder. This workbook is comprehensive and simple. It's hard to find a good workbook that it both of those things. Highly recommend.

This is an excellent resource that I recommend for my clients with anxiety, panic attacks or phobias. I recommend just working on one chapter at a time. Shirley Furman, Psych/Mental Health Nurse Practitioner

Got this book for a friend that suffers from anxiety and phobias. We live in a rural area and it's hard to get doctor appointments. We've gone through it together and she has gotten a lot of pointers from it and is doing a lot better than she had been.

What can I say? These books are always amazing. So excited to have the latest version. This book is a life-changer. If you think you may need it, READ IT. It will open your eyes on so many levels and help you understand your suffering, or the trials those around you may be going through.

I used one of these a few years ago, and then managed to misplace it. Buying another one was one

of the best things I've done. This workbook is a wonderful tool for me, and I would suggest it to anyone who struggles with anxiety issues.

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