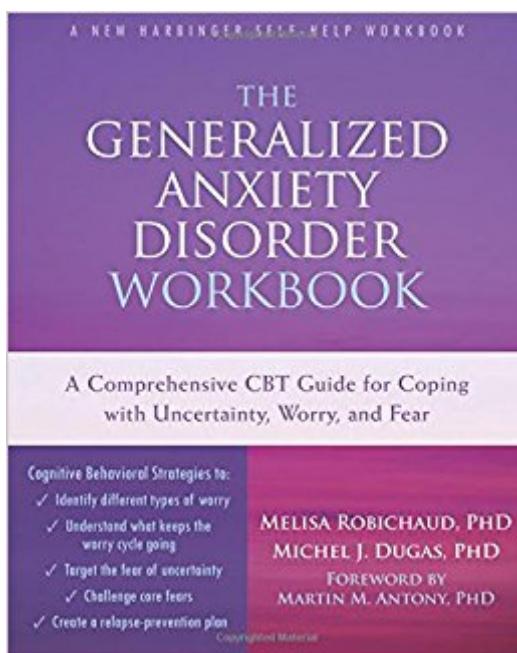


The book was found

The Generalized Anxiety Disorder Workbook: A Comprehensive CBT Guide For Coping With Uncertainty, Worry, And Fear (New Harbinger Self-Help Workbooks)



Synopsis

The Generalized Anxiety Disorder Workbook offers a powerful, comprehensive new approach to treating generalized anxiety disorder (GAD). If you have GAD, you may experience excessive and uncontrollable worry about daily life events, including your finances, family, health, future, and even minor concerns like traffic, work, or household issues. You aren't alone. GAD is one of the most commonly diagnosed mental health issues facing our society today. Unfortunately, this chronic condition can cause such excessive worrying that it can be difficult to live your life; and can even manifest in a number of physical symptoms, including sleep and concentration problems, fatigue, irritability, and feelings of restlessness. So, how can you take charge of your anxiety before it takes over your life? Based in cognitive behavioral therapy (CBT), this book provides real, proven-effective solutions. Written by three renowned anxiety experts, the book offers practical exercises and strategies to help soothe your worst worries, fears, and panic. The book focuses on what most often leads you to worry; the fear of uncertainty. In a nutshell, people with GAD worry as a way of mentally planning and preparing for any outcome that life throws their way. With this book, you'll learn to stop seeing uncertainty as threatening; which will in turn, reduce your anxiety and instill a sense of calm. If you're ready to stop letting your worries get the better of you, this easy-to-use workbook will help you; one step at a time.

Book Information

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Customer Reviews

They start off with defining GAD and letting you know that it isn't your fault, nor is it a bad thing. This

calms you down and gets you ready for the process. It is a process and I have yet to complete. I have learned from this book and am already applying behavior modifications. I have seen some change in myself, but need to finish to completely understand. You will go through a journey of emotions working through this. Put in the effort.

This workbook offers the reader an honest, transparent, and collaborative account of how to tame your worry. Techniques are outlined in a clear and demonstrable way, using relatable examples to support the science behind the theories. The authors come alive in this workbook, enabling the reader to feel as though s/he has a warm and confident coach on the sidelines. I highly recommend this book for new and long-time worriers alike.

This is a fabulous book for anyone struggling with worry and anxiety. It's easy to read with clear explanations. The step-by-step exercises (with downloadable forms!) give you the tools for overcoming excessive worry and managing your anxiety. I highly recommend it!

Not a casual read. Helpful if you are having a tough time or know someone who is.

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