



The Anxiety and Worry Workbook: The Cognitive Behavioral Solution

By David A. Clark PhD, Aaron T. Beck MD

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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.

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Editorial Review

Review

"Buy this gem of a book when you are ready to face your anxiety and take the necessary steps to overcome it. Drs. Clark and Beck are leaders in cognitive therapy, which has the highest anxiety treatment success rates in the world. Everyone who has ever felt anxious will recognize themselves in these pages and gain new understanding of what drives their anxiety. Even better, each chapter is packed with worksheets that can help lower anxiety within days and weeks. This is your chance to follow expert guidance with confidence as you take steps toward a calmer, happier future."--Christine A. Padesky, PhD, coauthor of *Mind Over Mood*

"From world-renowned cognitive therapists, this hands-on, practical, step-by-step workbook can help you free yourself from debilitating anxiety and worry. Use this book as a daily guide to understanding and changing your thinking. Drs. Clark and Beck offer a clear and empowering roadmap for building a better life."--Robert L. Leahy, PhD, author of *The Worry Cure*

"A great gift to anyone suffering from anxiety. This book is accessible, is written with warmth and wisdom, and includes the most up-to-date cognitive behavioral strategies. Enormously valuable, it is sure to inspire courage and hope."--Paul Gilbert, PhD, author of *The Compassionate Mind*

"A valuable and accessible resource for the millions of people around the world who suffer from anxiety, especially those who have panic attacks, fear social situations, or are tormented by constant worry."--Richard G. Heimberg, PhD, Director, Adult Anxiety Clinic, Temple University

"An excellent resource of well-tested exercises, explanations and encouragement."
(*The Psychologist* 2013-07-12)

"The book is nicely structured. It guides readers to understanding their anxiety and develop strategies to overcoming their problems, using excellent case examples, trouble shooting tips, worksheets and homework exercises throughout....Gives a clear, accessible description of cognitive therapy (CT) for anxiety disorders, how it works, and what to expect from therapy sessions and a therapist. This is particularly helpful for readers using this book in conjunction to therapy....The book nicely balances normalizing people's experiences and inspiring hope and motivation, with gentle reminders that overcoming anxiety can take time and requires practice in implementing the strategies taught throughout the book....This book is an excellent, accessible self-help manual for individuals suffering from anxiety. It would also be a valuable tool for therapists and an accompaniment to patients already having cognitive therapy."
(*Journal of Behavioural and Cognitive Psychotherapy* 2014-01-06)

About the Author

David A. Clark, PhD, is Professor of Psychology at the University of New Brunswick, Canada, where he also has had a private practice for 25 years. Dr. Clark is a widely recognized authority on cognitive behavior therapy for anxiety and depression and is the author of numerous books, including *The Mood Repair Toolkit*. He is a Fellow of the Canadian Psychological Association and Founding Fellow of the Academy of Cognitive Therapy.

Aaron T. Beck, MD, is the founder of cognitive therapy, University Professor Emeritus of Psychiatry at the University of Pennsylvania, and President Emeritus of the Beck Institute for Cognitive Behavior Therapy. Dr. Beck is the recipient of numerous awards, including the Albert Lasker Clinical Medical Research Award, the American Psychological Association (APA) Lifetime Achievement Award, the American Psychiatric Association Distinguished Service Award, the Robert J. and Claire Pasarow Foundation Award for Research in Neuropsychiatry, and the Institute of Medicine's Sarnat International Prize in Mental Health and Gustav O. Lienhard Award.

Together, Drs. Clark and Beck are the authors of a related professional book, *Cognitive Therapy of Anxiety Disorders*, also published by Guilford.

Users Review

From reader reviews:

Kathy Hunnicutt:

This The Anxiety and Worry Workbook: The Cognitive Behavioral Solution are usually reliable for you who want to become a successful person, why. The reason of this The Anxiety and Worry Workbook: The Cognitive Behavioral Solution can be one of several great books you must have is giving you more than just simple reading food but feed you with information that possibly will shock your preceding knowledge. This book will be handy, you can bring it everywhere you go and whenever your conditions in e-book and printed kinds. Beside that this The Anxiety and Worry Workbook: The Cognitive Behavioral Solution forcing you to have an enormous of experience for example rich vocabulary, giving you trial of critical thinking that we know it useful in your day action. So , let's have it and enjoy reading.

Robert Mayo:

Is it an individual who having spare time and then spend it whole day simply by watching television programs or just laying on the bed? Do you need something new? This The Anxiety and Worry Workbook: The Cognitive Behavioral Solution can be the answer, oh how comes? The new book you know. You are so out of date, spending your spare time by reading in this brand-new era is common not a geek activity. So what these publications have than the others?

Barbara McGowan:

In this particular era which is the greater person or who has ability in doing something more are more important than other. Do you want to become certainly one of it? It is just simple way to have that. What you must do is just spending your time not much but quite enough to have a look at some books. On the list of books in the top record in your reading list is definitely The Anxiety and Worry Workbook: The Cognitive Behavioral Solution. This book which can be qualified as The Hungry Hillside can get you closer in turning into precious person. By looking upward and review this publication you can get many advantages.

Terrie Newlin:

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