



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:

Thomas Stewart:

What do you ponder on book? It is just for students since they're still students or the idea for all people in the world, the particular best subject for that? Simply you can be answered for that issue above. Every person has several personality and hobby for every other. Don't to be pushed someone or something that they don't would like do that. You must know how great and important the book *The Anxiety and Worry Workbook: The Cognitive Behavioral Solution*. All type of book could you see on many resources. You can look for the internet sources or other social media.

Millicent Doty:

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Benjamin Torres:

The book untitled *The Anxiety and Worry Workbook: The Cognitive Behavioral Solution* contain a lot of information on that. The writer explains the girl idea with easy technique. The language is very simple to implement all the people, so do not really worry, you can easy to read this. The book was published by famous author. The author provides you in the new era of literary works. You can easily read this book because you can please read on your smart phone, or program, so you can read the book inside anywhere and anytime. In a situation you wish to purchase the e-book, you can available their official web-site and also order it. Have a nice learn.

Jeffrey Blough:

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