

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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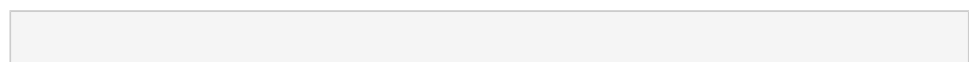
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Recent breakthroughs in the study and treatment of anxiety are empowering countless people to find relief from chronic fears, worrying, phobias, and obsessions. This inviting workbook shows how. The state-of-the-art program presented here is grounded 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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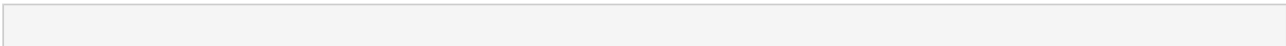
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Editorial Review

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).

Users Review

From reader reviews:

Ginger Amundson:

The knowledge that you get from *The Anti-Anxiety Workbook: Proven Strategies to Overcome Worry, Phobias, Panic, and Obsessions* (Guilford Self-Help Workbook) will be the more deep you searching the information that hide in the words the more you get serious about reading it. It does not mean that this book is hard to comprehend but *The Anti-Anxiety Workbook: Proven Strategies to Overcome Worry, Phobias, Panic, and Obsessions* (Guilford Self-Help Workbook) giving you enjoyment feeling of reading. The article

author conveys their point in particular way that can be understood by means of anyone who read the item because the author of this e-book is well-known enough. This kind of book also makes your personal vocabulary increase well. It is therefore easy to understand then can go to you, both in printed or e-book style are available. We suggest you for having this particular *The Anti-Anxiety Workbook: Proven Strategies to Overcome Worry, Phobias, Panic, and Obsessions* (Guilford Self-Help Workbook) instantly.

Joel Barnhardt:

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 the idea. The writer explains her idea with easy approach. The language is very clear to see all the people, so do not necessarily worry, you can easy to read this. The book was written by famous author. The author gives you in the new era of literary works. You can actually read this book because you can please read on your smart phone, or model, so you can read the book throughout anywhere and anytime. In a situation you wish to purchase the e-book, you can wide open their official web-site along with order it. Have a nice examine.

Glen Hall:

This *The Anti-Anxiety Workbook: Proven Strategies to Overcome Worry, Phobias, Panic, and Obsessions* (Guilford Self-Help Workbook) is brand-new way for you who has intense curiosity to look for some information because it relief your hunger associated with. Getting deeper you upon it getting knowledge more you know or else you who still having little bit of digest in reading this *The Anti-Anxiety Workbook: Proven Strategies to Overcome Worry, Phobias, Panic, and Obsessions* (Guilford Self-Help Workbook) can be the light food for you because the information inside that book is easy to get through anyone. These books acquire itself in the form which is reachable by anyone, that's why I mean in the e-book web form. People who think that in book form make them feel sleepy even dizzy this book is the answer. So there isn't any in reading a publication especially this one. You can find what you are looking for. It should be here for a person. So , don't miss it! Just read this e-book type for your better life in addition to knowledge.

Haley Thacker:

As we know that book is vital thing to add our information for everything. By a book we can know everything we would like. A book is a range of written, printed, illustrated or maybe blank sheet. Every year has been exactly added. This guide *The Anti-Anxiety Workbook: Proven Strategies to Overcome Worry, Phobias, Panic, and Obsessions* (Guilford Self-Help Workbook) was filled about science. Spend your time to add your knowledge about your scientific research competence. Some people has several feel when they reading some sort of book. If you know how big advantage of a book, you can really feel enjoy to read a guide. In the modern era like currently, many ways to get book that you simply wanted.

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