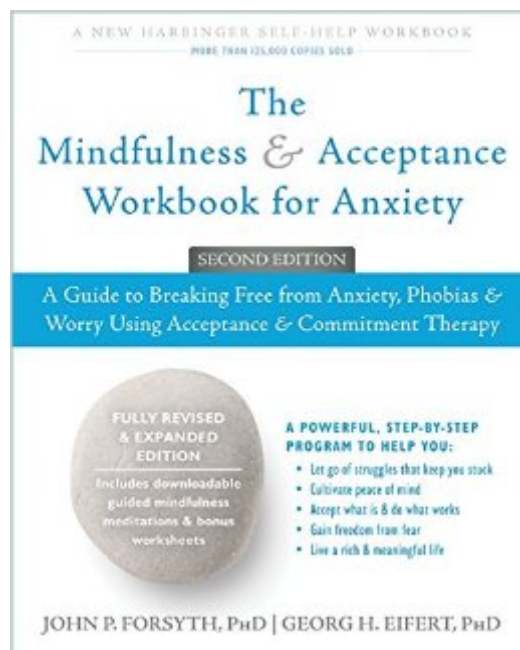


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The Mindfulness And Acceptance Workbook For Anxiety: A Guide To Breaking Free From Anxiety, Phobias, And Worry Using Acceptance And Commitment Therapy



Synopsis

Is anxiety and fear a problem for you? Have you tried to win the war with your anxious mind and body, only to end up feeling frustrated, powerless, and stuck? If so, you're not alone. But there is a way forward, a path into genuine happiness, and a way back into living the kind of life you so desperately want. This workbook will help you get started on this new journey today! Now in its second edition, *The Mindfulness and Acceptance Workbook for Anxiety* offers a new approach to your anxiety, fears, and your life. Within its pages, you'll find a powerful and tested set of tools and strategies to help you gain freedom from fear, trauma, worry, and all the many manifestations of anxiety and fear. The book offers an empowering approach to help you create the kind of life you so desperately want to live. Based on a revolutionary approach to psychological health and wellness called acceptance and commitment therapy (ACT), this fully revised and updated second edition offers compelling new exercises to help you create the conditions for your own genuine happiness and peace of mind. You'll learn how your mind can trap you, keeping you stuck and struggling in anxiety and fear. You'll also discover ways to nurture your capacity for acceptance, mindfulness, kindness, and compassion, and use these qualities to weaken the power of anxiety and fear so that you can gain the space to do what truly matters to you. Now is the time. Nobody chooses anxiety. And there is no healthy way to "turn off" anxious thoughts and feelings like a light switch. But you can learn to break free from the shackles of anxiety and fear and take back your life. The purpose of this workbook is to help you do just that. Your life is calling on you to make that choice, and the skills in this workbook can help you make it happen. You can live better, more fully, and more richly with or without anxiety and fear. This book will show you the way. -- Recent studies support for the effectiveness of ACT-based self-help workbooks as a low-cost treatment for people experiencing anxiety. (Ritzert, T., Forsyth, J. P., Berghoff, C. R., Boswell, J., & Eifert, G. H. (2016). Evaluating the effectiveness of ACT for anxiety disorders in a self-help context: Outcomes from a randomized wait-list controlled trial. *Behavior Therapy*, 47, 431-572.) This book has been awarded The Association for Behavioral and Cognitive Therapies Self-Help Seal of Merit – an award bestowed on outstanding self-help books that are consistent with cognitive behavioral therapy (CBT) principles and that incorporate scientifically tested strategies for overcoming mental health difficulties. Used alone or in conjunction with therapy, our books offer powerful tools readers can use to jump-start changes in their lives.

Book Information

Paperback: 368 pages

Publisher: New Harbinger Publications; 2 edition (April 1, 2016)

Language: English

ISBN-10: 162625334X

ISBN-13: 978-1626253346

Product Dimensions: 8 x 0.9 x 9.9 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

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Best Sellers Rank: #16,914 in Books (See Top 100 in Books) #24 inÂ Books > Self-Help >

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An excellent workbook, revised now with additional exercises, new meditations (downloads), and new material on working with past traumas and memories, etc. With ACT (Acceptance and Commitment Therapy or Training), you don't just "learn about the ideas," -- you DO things to feel and live your way into a new experience. It's like the difference between reading about how to go hiking, and being on the hike. Being on the hike is a real experience, allowing me to look at my own life differently, and reflect, and grow. That's how ACT works. John Forsyth and Georg Eifert have provided a thorough, step-wise workbook with lots of experiential exercises so you can "go on your hikes" by yourself, using the book as your guide, or you can utilize a counselor or therapist as your guide and use the book as a source of information and exercises. This is an extremely helpful book, and I read it as both a therapist and an individual who is "swimming in the same soup" as everyone else on this planet. We all have to balance mind and body, and the mind tends to grow over-large and run the show if we don't maintain perspective. I love my mind for all it provides, but sometimes I just have to bring it along with me as I would a young child, since it also provides a lot of "false alarms." After all, that's what it was put there for, to keep us out of trouble. If this sounds crazy, do the workbook and you'll understand better. Not only is this workbook excellent for anxiety, panic disorders, and related conditions, it is also an excellent and thorough approach to learning ACT itself. You can also take the skills you learn with this workbook and apply them to relationships, anger problems, alcohol and drug abuse, etc.

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