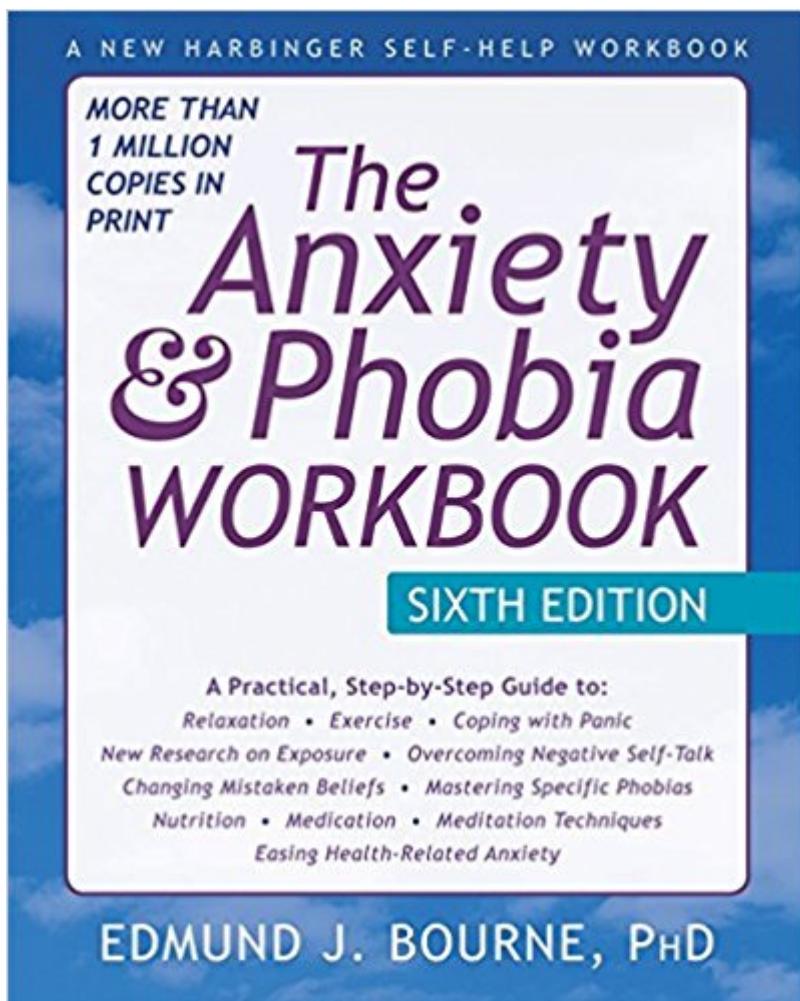


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# The Anxiety And Phobia Workbook



## Synopsis

Now in its sixth edition and recommended by therapists worldwide, *The Anxiety and Phobia Workbook* has been the unparalleled, essential resource for people struggling with anxiety and phobias for almost thirty years. Living with anxiety, panic disorders, or phobias can make you feel like you aren't in control of your life. If you're ready to tackle the fears that hold you back, this book is your go-to guide. Packed with the most effective skills for assessing and treating anxiety, this evidence-based workbook contains the latest clinical research. You'll develop a full arsenal of skills for quieting fears and taking charge of your anxious thoughts, including: Relaxation and breathing techniques Ending negative self-talk and mistaken beliefs Imagery and real-life desensitization Lifestyle, nutrition, and exercise changes Written by a leading expert in cognitive behavioral therapy (CBT) and a classic in its field, this fully revised edition offers powerful, step-by-step treatment strategies for panic disorders, agoraphobia, generalized anxiety disorder (GAD), obsessive-compulsive disorder (OCD), post-traumatic stress disorder (PTSD), worry, and fear. You will also find updated information compatible with the DSM-V, as well as current information on medications and treatment, nutrition, mindfulness training, exposure therapy, and the latest research in neurobiology. Whether you suffer from anxiety and phobias yourself, or are a professional working with this population, this book will provide the latest treatment solutions for overcoming the fears that stand in the way of living a full, happy life. This workbook can be used on its own or as a supplement to therapy.

## Book Information

Paperback: 488 pages

Publisher: New Harbinger Publications; 6 edition (March 1, 2015)

Language: English

ISBN-10: 1626252157

ISBN-13: 978-1626252158

Product Dimensions: 8.3 x 1 x 9.8 inches

Shipping Weight: 2 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 644 customer reviews

Best Sellers Rank: #1,383 in Books (See Top 100 in Books) #3 in Books > Self-Help > Anxieties & Phobias #4 in Books > Health, Fitness & Dieting > Mental Health > Anxiety Disorders #7 in Books > Health, Fitness & Dieting > Psychology & Counseling > Neuropsychology

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[View larger](#) The self-help workbook format is uniquely effective in helping people work through and recover from a number of mental health conditions, from addiction to depression. Our evidence-based workbooks are written by leading professionals, are recommended by clinicians, and are designed to be effective when used alone or in conjunction with therapy. From the Publisher Who Created The Self-Help Workbook New Harbinger's pioneering self-help workbooks offer step-by-step guidance, and are highly effective in helping people work through difficult issues from depression and anxiety to eating disorders and addiction. Our evidence-based self-help workbooks cover a variety of topics, including: Anxiety Depression Post-traumatic stress disorder (PTSD) Eating disorders Self-esteem Obsessive compulsive disorder (OCD) And more

[View larger](#) From the Workbook The second chart, called the Weekly Practice Record, enables you to outline in detail your own personal program for recovery. The chart lists all the specific strategies and skills offered in this workbook. Following each skill, in parentheses, is the recommended frequency for practice in a one-week time period. This chart enables you to check off, for each day of the week, which exercises you have practiced. Since this is a weekly chart, you may want to make fifty-two copies of it to take you through at least a one-year time period. Of course, your actual recovery may turn out to take significantly less than one year.

&#147;In this sixthÂ Â edition ofÂ Â The Anxiety and Phobia Workbook, Edmund J. Bourne has refined and expanded on his thoughtful holistic message to those who struggle with anxiety. There are many things you can do to relieve your suffering in order to live a fuller and more meaningful life. I highly recommend this classic resource to anyone suffering with anxiety or a phobia.Ã¢â€”Â• &#151;Michael A. Tompkins, PhD, author ofÂ Â Anxiety and Avoidance and codirector of the San Francisco Bay Area Center for Cognitive Therapy&#147;Edmund J. BourneÃ¢â€”â„¢s book is chock-full of tested ideas and exercises that practically anyone who suffers from anxieties and fears can put to immediate use to get relief from anxiety and prevent it from coming back.Ã¢â€”Â• &#151;Bill Knaus, EdD, author of The Cognitive Behavioral Workbook for Depression and The Cognitive Behavioral Workbook for Anxiety&#147;Since Bourne sees anxiety as &#145;stress over time,Ã¢â€”â„¢ the twenty-five years of success for his book has given &#145;help over time.Ã¢â€”â„¢Â Â This new sixth edition takes the best and makes it better by incorporating recent developments in understanding the nature and treatment of anxiety. Comprehensive in every way, it

is a one-stop shop for persons with anxiety, and an invaluable and unparalleled resource for clinicians working with them.â•® Timothy A. Sisemore, PhD, director of research and professor of counseling and psychology at Richmont Graduate University and author of *Free from OCD*;*In this updated version of a classic, Edmund J. Bourne guides us carefully through a wealth of information on anxiety, anxiety disorders, and phobias. Thorough and articulate, he covers solid fundamentals, from careful descriptions of symptoms to current treatments. He includes information on medication and nutrition, and self-help strategies for each area of difficulty. A must-read for anyone struggling with anxiety and a great resource for therapists, the book is an excellent contribution to the field.*â•® Lynne Henderson, founder of the Social Fitness Center and founder and codirector, with Philip Zimbardo, of the Shyness Institute;*As a person once challenged by anxiety, and as a professional, I am truly grateful for this book. It is the encyclopedia of healing from anxiety and phobias, not to read all at once, but a resource to reach for that has just what you need each day or each month* ; easy and reassuring to follow ; a life-changing.â•® Mani Feniger, author of *Journey from Anxiety to Freedom*;*This is a concise, practical, and comprehensive directory on how to reduce anxiety. A highly regarded and widely known resource.*â•® *Authoritative Guide to Self-Help Resources in Mental Health, Revised Edition*;*A great resource for a holistic approach.*â•® Reid Wilson, author of *Don't Panic*;*Extremely well done.*â•® Christopher McCullough, author of *Managing Your Anxiety*;*Any whoâ„¢ve struggled with panic attacks and fears will find this packed with self-help exercises and guidelines to overcoming anxiety and stress, from understanding how to assert oneself to creating a positive recovery strategy.*â•® *Midwest Book Review*;*This workbook offers a practical and comprehensive guide to anyone struggling to cope with the many-faceted manifestations of panic and anxiety.*â•® *Child and Behavior Therapy*

Edmund J. Bourne, PhD, has specialized in the treatment of anxiety, phobias, and other stress-related disorders for over two decades. His self-help books have helped over a million people and have been translated into numerous languages. He currently resides in Florida and California.

I want to tell anyone that is currently struggling with anxiety and panic attacks, phobias, or ocd issues that there is a way to recover and take back your life and this book is the vehicle to get you there. This book literally has changed my life and I know it will change yours too. I promise you that if you read this book and follow the exercises, you will get better. I have personally struggled with

anxiety and panic attacks for over 20 years, I've tried numerous therapists and so many different medications I've lost count. I was even told at one point that I had bipolar disorder. Nothing worked and I found myself at a point that I literally felt like I had no other options to get well. I had no choice but to take it upon myself to help myself. I had to do something different, and I had to do it now. When I started reading the book I was completely agoraphobic, depressed, constantly anxious, and having panic attacks to the point I felt like I couldn't go on any longer. I am 60 days into applying what I learned in the workbook and my life has completely turned around for the better. I am the happy, positive, loving person that I knew existed deep down but feared was gone. I now feel I can do and accomplish anything I set my mind to. It will be a lifestyle change for many, as this recovery will affect you on mental, physical, emotional, and spiritual levels. This book really attacks your issues at every angle possible, from eating the correct foods, to relaxation methods, and tips to stop panic attacks just to name a few. Believe me, through a little hard work-you will get your life back and be the person you want to be. God Bless and Good Luck!

I am 32 years old and after a miscarriage in December I was recently diagnosed with generalized anxiety disorder and agoraphobia (due to a major hormonal imbalance, I believe). Even with all the medication I am on and weekly visits to my therapist, this book has helped me the most. I love the way it's laid out and I love the worksheets but this book would still be very useful even without using the worksheets. It's not as much of a "workbook" as I thought it would. It's so much better. If you have struggled with anxiety, panic attacks and phobias BUY THIS BOOK.

Extremely practical guide to unearthing, feeling, understanding, and expressing your feelings. I was given the chapter on assertiveness by a therapist and found there is so much more to it. I liked what I read so I ordered the book.

The book gives the information on how to pin-point your situation, therefore the strategies to deal with it. Many of the exercises in the have been proved for centuries , a number of them, are adapted to the latest researches and situations. It is not a magic book, commitment, patience and work needs to be applied.

This workbook format is well organized and very readable. The coverage and clarity of delivery were extremely helpful to me. It allowed me to better interact during my Agoraphobia sessions with my therapist. The Workbook is so thorough that trying to remember or take notes of all that pertains to the

process is not necessary.

Registered books online love the free downloads that came with it there are exercises that really help to relax during a panic attack

I have bought several copies of this book over the years and I give it to people I know are having anxiety. I was told by a person I gave it to 4 weeks ago, it saved her life!!!! Excellent resource

Has helped a lot and given some great pointers

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