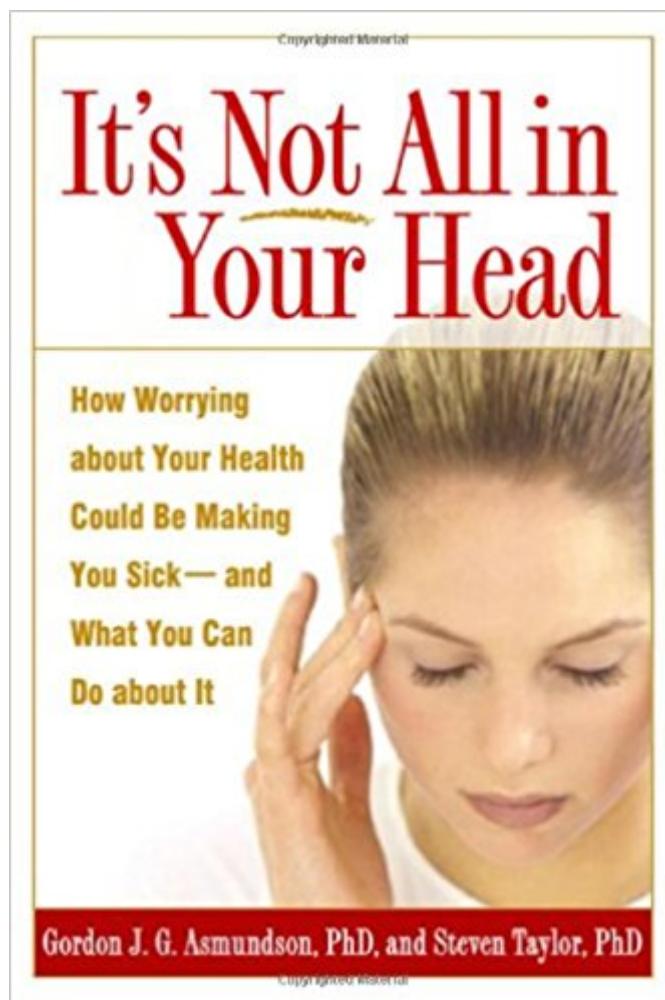


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# It's Not All In Your Head: How Worrying About Your Health Could Be Making You Sick--and What You Can Do About It



## Synopsis

Where do you go for help when no one believes you're really sick? The doctors can't explain your symptoms, but you know there's something wrong because you can sense it in your body. Living with the specter of an unresolved health issue isn't just painful, it's isolating. The preoccupation and stress it causes can disrupt your career or interfere with personal relationships. If you continually experience symptoms of illness, or worry a lot about disease, you may be suffering from health anxiety--a condition that can produce physical effects of its own, including muscle tension, nausea, and a quickened heart rate. In this compassionate and empowering book, noted psychologists Gordon J. G. Asmundson and Steven Taylor provide simple and accurate self-tests designed to help you understand health anxiety and the role it might be playing in how you feel. Concrete examples and helpful exercises show you how to change thought and behavior patterns that contribute to the aches, pains, and anxiety you're experiencing. The authors also explain how to involve friends and family--and when to seek professional help--as you learn to stay well without worry. Association for Behavioral and Cognitive Therapies (ABCT) Self-Help Book of Merit

## Book Information

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## Customer Reviews

"As a long-term sufferer of health anxiety, I wish I could have read this book many years ago. I know that it would have saved me a lot of grief. It is full of helpful ideas and things to do, including easy-to-follow self-assessments, exercises, and worksheets. If you worry a lot about your health, I cannot recommend this book highly enough."--Paul, age 64"It may sound hard to believe, but I've

been to scores of doctors and none of them have ever explained the issues that this book demystifies in such a simple, commonsense way. I have a whole new lease on life now--maybe you will too."--Graham, age 52"Since reading this book, my partner has become much more rational about his anxiety. He used to hide his fears from me (while still seeking reassurance), but now he can talk about them openly and deal with them more productively. I've learned ways I can be more helpful, too, and the stress has gone down for both of us."--Jennifer, age 28"This is the most comprehensive and useful book available for people who worry a lot about their health. It is practical, easy to read, and packed with helpful exercises. Most importantly, the strategies described in this book are based on solid scientific research, with proven effectiveness. Anyone who worries about his or her health will likely benefit from reading this book, as will the people who care about them."--Martin M. Antony, PhD, coauthor of 10 Simple Solutions to Panic; Director, Anxiety Treatment and Research Centre, St. Josephâ™s Healthcare, Hamilton, Ontario, Canada"Asmundson and Taylor, two very accomplished researchers, have turned their considerable clinical and writing skills to a much-neglected topic. Full of useful scientific information, engaging anecdotes, solid advice, and no small measure of humor, It's Not All in Your Head will help put many health anxiety sufferers on the road to wellness and peace of mind."--Murray B. Stein, MD, MPH, Department of Psychiatry, University of California, San Diego"In a clear, sympathetic style, these expert authors throw light on the confusing area of health anxiety. Until now, people suffering from hypochondriasis and related problems have lacked a readily accessible book to turn to for information and self-help strategies. For those who have been told their symptoms are 'all in their head,' there is finally relief here, where 'it's all in this book.'"--Richard P. Swinson, MD, Department of Psychiatry, McMaster University, Hamilton, Ontario, Canada"If you or someone you love worries too much about health concerns, help is finally at hand. Two internationally renowned experts share the latest information and offer helpful tools to help people feel healthier and worry less. Clear, helpful, and state-of-the-art."--Theo K. Bouman, PhD, Department of Psychology, University of Groningen, The Netherlands; coauthor of Anxiety Disorders: A Practitioner's Guide"This book is definitely worth buying as an adjunct to CBT treatment, or as a first line treatment for mild health anxiety in primary care." (Journal of Behavioural and Cognitive Psychotherapy 2005-05-07)"The authors present the concept of healthy anxiety and the problems of hypochondriasis, disease phobia, and somatic delusions in a straightforward and respectful manner....The authors present health anxiety matter-of-factly as another health problem to be dealt with, for which, luckily, there is help. The authors' presentation of this information is a work of art and will be useful not only to the reader with health anxiety but to the health care

professional as a model of how to explain health anxiety problems to a patient....It's Not All in Your Head is evidence based. It is clearly written. The information presented is neither oversimplified nor laden with jargon....may be written primarily for patients with health anxiety, but it is a useful tool for professionals as well." (PsycCRITIQUES 2005-05-07)

Gordon J. G. Asmundson, PhD, is Professor and Canadian Institutes of Health Research Investigator in Psychology and Kinesiology and Health Studies at the University of Regina, Canada, and Adjunct Professor of Psychiatry at the University of Saskatchewan. Dr. Asmundson is well known for his award-winning research in the areas of anxiety disorders, health anxiety, and acute and chronic pain. Steven Taylor, PhD, ABPP, is a clinical psychologist and Professor in the Department of Psychiatry at the University of British Columbia, Canada. Dr. Taylor has also received several prestigious research awards. His work focuses on cognitive-behavioral treatments and anxiety disorders. Together, Drs. Asmundson and Taylor are the authors of a related professional book, *Treating Health Anxiety*, also published by Guilford.

Being someone who has spent an enormous amount of time reading not only books on various mental health disorders but more often Internet resources geared towards anxiety, most of what I read was not new to me. However, when these things I already had knowledge of were laid out in terms of health specific anxiety, it was a comfort to reread things I had been told from less credible resources. Unfortunately, this book focuses greatly on relaxation which I struggle with thanks to relaxation-induced anxiety. However, for those who do not know a great deal about how anxiety disorders work or effective methods for coping, this book would likely be a fantastic help. If nothing else, it helped me work on breaking my cycle of "checking" (making sure my heart is beating properly, that things aren't discolored, that sort of thing), as well as reassured me that the physical sensations I felt weren't the source of hysteria. I don't regret buying it but I do wish it had more resources for treating your anxiety.

A doctor recommended this book to my wife for her anxiety. The book has some very useful points -- especially on how to deal with doctors, However, the author's basic premise is how to treat anxiety for someone who does not have a serious medical condition. My wife unfortunately does have a serious condition. As a result, much of the book simply is not appropriate or useful for our situation. Potential buyers should keep that in mind.

This book really helped reframe some things for me and it also helped me calm down by adding interactive questionnaires. I have really bad health anxiety and have been a hypochondriac mostly my whole life. I would recommend this book to anyone who struggles with health anxiety. It has truly been the most helpful tool

If you suffer from health anxiety or hypochondriasis, you may benefit greatly from reading this book. For a while, I thought I was literally going to lose my mind. I worried a great deal about every little thing that was going on in my "noisy" body. The book is written by two experts in the field. They are authorities on this subject and they really hit on all of the issues that people might be facing. This is a thorough book with stunning insight, options, brilliant self-help plans and it is clearly written with compassion for the sufferer. After many, many years with health anxiety and getting little or no help from therapists, I turned to this book and also to the authors' other book entitled, *Health Anxiety*. These books helped me, comforted me and fostered my self-awareness in ways that health professionals could not. A+ And if you are a sufferer, please know that there is help awaiting you. And you are definitely not fighting alone.

I have been dealing with some death anxiety/hypochondria type feelings and this book clearly explained to me the WHY. The WHAT. How to overcome the panic and control my anxiety. Highly recommend.

A wonderful book which put many of the demons with which I have grappled over the years into sharp focus, and provided simple tools for keeping them at bay. Intelligent, accessible, and worth every penny!

This book was more helpful than I thought it would be. It also follows the program that cognitive behavioral therapists use. Great exercises to promote a healthy outlook and ease your health anxiety!

This book does a wonderful job cutting through the stigma and shame that gets in the way of treatment for people who struggle with health anxiety and emotional/psychological manifestations of physical illness and symptoms. It provides concrete, persuasive rationale and step-by-step guidance for healthier management of physical symptoms and illness. Its a good read for people who struggle with health and anxiety as well as their loved ones. And it can be used by

psychologists and other health care providers as a treatment guide. ~LYNN NORTHROP, PHD, DIRECTOR OF PSYCHOLOGY TRAINING, SHARP HEALTHCARE

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