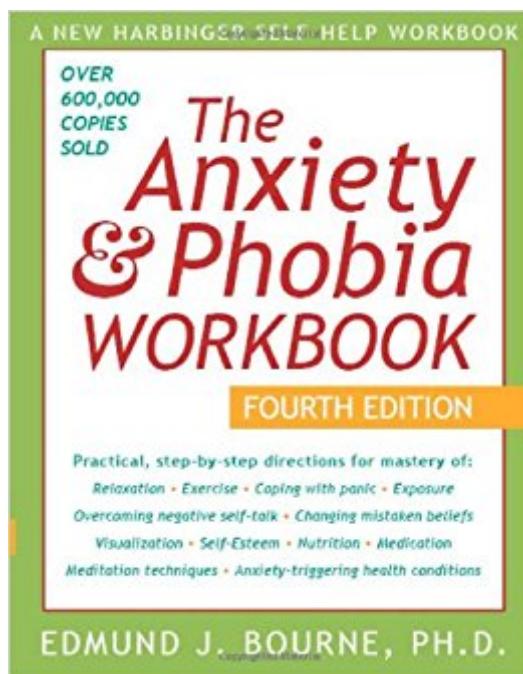


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# The Anxiety & Phobia Workbook, Fourth Edition



## **Synopsis**

Practical, step-by-step directions for the mastery of: Visualization, Self-Esteem, Nutrition, Medication, Meditation techniques, Anxiety-triggering health conditions, Over 600,000 Copies Sold. Since its first edition in 1990, The Anxiety and Phobia Workbook has sold more than 600,000 copies. Its engaging exercises and worksheets have helped millions of readers make real progress in overcoming problems with anxiety and phobic disorders. The Authoritative Guide to Self-Help Resources in Mental Health (Norcross, et al., 2003) gave the book its highest rating and praised it as 'a highly regarded and widely known resource.' Thousands of mental health and medical professionals recommend this book to their clients and patients every year. Simply put, it is the single finest source of self-help information on its topic available anywhere. The text of this edition has been fully revised and expanded and includes two new chapters: a discussion of physical conditions that can aggravate anxiety and an overview of the use of mindfulness practice in the treatment of generalized anxiety disorder and some forms of obsessive-compulsive disorder. As in previous editions, the book offers the most up-to-date information on medications, natural supplements, and complementary strategies that can alleviate anxiety symptoms. The sections on relaxation, nutrition, and exercise have all been updated and broadened.

## **Book Information**

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## **Customer Reviews**

A revision of the best-selling classic, this fourth edition of this book provides step-by-step help for sufferers of anxiety and phobic disorders. It offers the latest treatment strategies for the whole range

of these problems-panic disorder, agoraphobia, generalized anxiety disorder, and obsessive-compulsive disorder-with revisions that include updated information on medications, mindfulness training, and health-related conditions that aggravate anxiety.

The absolute best tool for cognitive behavioral therapy in a format you can do yourself, with or without the help of a psychologist. This book really helped me several years ago when I needed it (using it by myself only) so I bought this one at a great deal and couldn't be more pleased (last time I checked it from the library).

Wealth of information! My sister has used this book as suggestion from her therapist to deal with anxiety. It had helped her tremendously. I'm seeing subtle changes in personality for the better. After talking with her about some of my issues I decided to buy a copy myself. The worksheets in here are very thorough for helping to treat various emotional disorders. Haven't read the entire book because I'm just focusing on the issues I have. Overall I'm satisfied!

The Anxiety & Phobia Workbook, Fourth EditionÂ This book hands down is the best book for anxiety and phobias and I have read a lot of books. and has very comprehensive tools and the workbook is designed to be worked on hard or with a therapist. If you have anxiety and or panic you need definitely this book in your collection It is brilliantÂ The Anxiety & Phobia Workbook, Fourth EditionÂ n

Purchased for someone else who liked this book, she wanted her personal copy.

Really helping me to understand and gain control over my anxieties. Giving me a new way to live.

Very comprehensive and well written. Recommended by my therapist. I would recommend it as a good starting point for anyone struggling with anxiety, panic, and/or phobia(s). Though like anything self-help, it only works if I actually read it and practice the tools it suggests.

Hi highly recommend this book for people who suffer from 'panic attacks.' The book has tests you can take to see if you have panic disorder, and also explains in one the chapters, that hypoglycemia can also masquerade as a bonified panic attack. This is what happened to me, and I wound up on antidepressants, which I didn't need. All I needed to do was to eat a proper diet, stay away from

sugar, and the symptoms went away. I am now off antidepressants, and doing fine.

I purchased this book mainly because I wanted to get rid of social anxiety. However, as I was reading the book I realized that I had so many other things that I needed to change in my life (all of them probably contribute to social anxiety as well) such as alleviate perfectionism, remove self-doubt and all bad beliefs, become more relaxed in general and create a balance between play and work. The book has helped me to put together a program for myself to reduce anxiety. A few of the steps in the program are relaxation (meditating and visualization), exposure (step by step), becoming more assertive, increasing my self-esteem, changing bad beliefs with good ones, taking care of my needs, etc. I must say that I haven't started with the program yet but I'm going to in a few days and my expectations are very upscale.

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