



The Anxiety and Phobia Workbook

By Edmund J. Bourne



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The Anxiety and Phobia Workbook has already helped over one million readers make a full and lasting recovery from generalized anxiety disorder, social anxiety, specific phobias, panic attacks, obsessive-compulsive disorder, and other anxiety-related issues. Packed with the most effective skills for assessing and treating anxiety, this workbook can be used alone or as a supplement to therapy to help you develop a full arsenal of skills for quieting worried thoughts and putting yourself back in control.

This new edition has been thoroughly updated with the latest anxiety research and medications, and also includes new therapeutic techniques that have been proven effective for the treatment of anxiety and anxiety-related conditions. Each worksheet in this book will help you learn the skills you need to manage your anxiety and start living more freely than you ever thought possible.

With this workbook, you'll learn a range of proven methods for overcoming anxiety:

- Relaxation and breathing techniques
- Challenging negative self-talk and mistaken beliefs
- Imagery and real-life desensitization
- Making lifestyle, nutrition, and exercise changes
- Acceptance and commitment therapy
- Skills for preventing and coping with panic attacks

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Editorial Review

Review

“[Five stars]...this is a concise, practical, and comprehensive directory on how to reduce anxiety. A highly regarded and widely known resource.”

—*Authoritative Guide to Self-Help Resources in Mental Health, Revised Edition*

“A great resource for a holistic approach.”

—Reid Wilson, author of *Don't Panic*

“Extremely well done.”

—Christopher McCullough, author of *Managing Your Anxiety*

“Any who'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.”

—*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.”

—*Child & Behavior Therapy*

About the Author

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 California and southern Florida.

Users Review

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William Gannaway:

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Malcolm Lee:

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