

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

A Step-by-Step Program  
 Current Theory and Practice  
 An Acceptance and Commitment Therapy Training Manual for Improving Well-Being and Performance  
 A Practitioner's Treatment Guide to Using Mindfulness, Acceptance, and Values-Based Behavior Change  
 A Beginner's Guide to Overcoming Fear and Embracing Compassion  
 The Mindfulness and Acceptance Workbook for OCD  
 A Practitioner's Guide to Using Mindfulness, Acceptance, and Values-Based Behavior Change Strategies  
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 Acceptance and Commitment Therapy for Anxiety Disorders  
 A Guide to Breaking Free from Anxiety, Phobias and Worry Using Acceptance and Commitment Therapy  
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 The Worry Trap  
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 A Guide to Coping with the Grief, Stress and Anger that Trigger Addictive Behaviors  
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 Proven, Step-by-Step Techniques for Overcoming Your Fear  
 Using Acceptance and Commitment Therapy to Free Yourself from Fear and Reclaim Your Life  
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 Building Acceptance and Psychological Flexibility in Higher Education  
 The 8-week Solution to Help You Manage Anxiety, Worry & Stress  
 A Guide to Breaking Free from Anxiety, Phobias, and Worry Using Acceptance and Commitment Therapy  
 An 8-Week Program to Free Yourself from Depression and Emotional Distress  
 How to Help Athletes Perform and Thrive under Pressure  
 The Joy of Parenting  
 Using Acceptance and Commitment Therapy to Move Through Depression and Create a Life Worth Living  
 A Proven Way to Accept Yourself, Build Inner Strength, and Thrive  
 The Mindfulness and Acceptance Workbook for Teen Anxiety  
 The Mindful Self-Compassion Workbook  
 The Mindfulness-Based Emotional Balance Workbook  
 Anxiety Happens  
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## QUENTIN CHANCE

A Step-by-Step Program Routledge

Do you ever feel like you want more from your life--but get scared or overwhelmed by the idea of making changes? For many, worry, fear, or negativity are stumbling blocks that can be extraordinarily difficult to overcome. This effective workbook provides a blueprint to help you move through painful emotions without being ruled by them. Vivid stories of others who have struggled with anxiety are accompanied by meditation and acceptance practices and step-by-step exercises that build self-knowledge and self-compassion (you can download and print additional copies of the worksheets as needed). Armed with a

deeper understanding of what you really value, you can break free of the common traps that leave people feeling stuck--and dare to live the life you really want. Audio downloads of the mindfulness practices, narrated by the authors, are provided at [www.guilford.com/orsillo2-materials](http://www.guilford.com/orsillo2-materials). See also the authors' Mindful Way through Anxiety, which explains mindfulness techniques in greater detail. Worry Less, Live More can be used on its own or as the perfect way to expand on and enhance the lessons of the first book using a step-by-step approach.

**Current Theory and Practice** New Harbinger Publications  
 Mindfulness is a powerful antidote to stress, anxiety and panic, chronic pain, depression, obsessive thinking, out-of-control emotions, and many other physical and mental health conditions. This ancient Buddhist technique can help anyone who struggles with fears, worries, and distractions refocus on the present moment and live happily, here and now. The Mindfulness Workbook is a step-by-step instruction book that guides you

through simple practices that enable you to experience mindfulness not as a distant experience or concept, but as an attainable state of being in the world. You will discover the effectiveness of breath work, mindful eating, and thought-watching, and begin reaping the benefits of mindfulness right away. Over time, you will begin to notice that these small changes can bring about a bigger transformation, enhancing your sense of fulfillment and calm.

*An Acceptance and Commitment Therapy Training Manual for Improving Well-Being and Performance* New Harbinger Publications

Attempts to manage your thoughts or get rid of worry, fear, and panic can leave you feeling frustrated and powerless. But you can take back your life from anxiety without controlling anxious thoughts and feelings. You can stop avoiding anxiety and start showing up to your life. The Mindfulness & Acceptance Workbook for Anxiety will get you started, using a revolutionary new approach called acceptance and commitment therapy, or ACT. The book has one purpose: to help you live better, more fully, more richly. Your life is calling on you to make that choice, and the skills in this workbook can help you make it happen. Find out how your mind can trap you, keeping you stuck and struggling in anxiety and fear. Learn to nurture your capacity for acceptance, mindfulness, kindness, and compassion. Use these qualities to shift your focus away from anxiety and onto what you really want your life to be about. As you do, your life will get bigger as your anxious suffering gets smaller. No matter what kind of anxiety problem you're struggling with, this workbook can guide you toward a more vibrant and purposeful life. Includes a CD with bonus worksheets, self-assessments, and guided mindfulness meditations. 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.

*A Practitioner's Treatment Guide to Using Mindfulness, Acceptance, and Values-Based Behavior Change* New Harbinger Publications

Anxiety happens. It's not a choice. And attempts to manage your thoughts or get rid of worry, fear, and panic can leave you feeling frustrated and powerless. But you can take back your life from anxiety without controlling anxious thoughts and feelings. You can stop avoiding anxiety and start showing up to your life. The Mindfulness & Acceptance Workbook for Anxiety will get you started, using a revolutionary new approach called acceptance and commitment therapy, or ACT. The book has one purpose: to help you live better, more fully, more richly. Your life is calling on you to make that choice, and the skills in this workbook can help you make it happen. Find out how your mind can trap you, keeping you stuck and struggling in anxiety and fear. Learn to nurture your capacity for acceptance, mindfulness, kindness, and compassion. Use these qualities to shift your focus away from anxiety and onto what you really want your life to be about. As you do, your life will get bigger as your anxious suffering gets smaller. No matter what kind of anxiety problem you're struggling with, this workbook can guide you toward a more vibrant and purposeful life. This book presents a framework to orient you toward the rest of your life. You will be taken on a journey. Go. To uncouple from your anxious reactions to life, you will need to alter your consciousness. No small task! It takes a student's mind and a willingness to be coached. Fortunately, you will find these authors to be trustworthy and competent guides.

*A Beginner's Guide to Overcoming Fear and Embracing Compassion* New Harbinger Publications

There are hundreds of books that will try to help you overcome or put an end to depression. But what if you could use your depression to change your life for the better? Your symptoms may be signals that something in your life needs to change. Learning to understand and interpret these signals is much more important than ignoring or avoi...

*The Mindfulness and Acceptance Workbook for OCD* Instant Help Books

Shyness is a common problem that comes with a high price. If you suffer from shyness or social anxiety you might avoid social situations and may have trouble connecting with others due to an extreme fear of humiliation, rejection, and judgment. As a shy person, you may also experience panic attacks that make it even more likely that you'll avoid social situations. With The Mindfulness and Acceptance Workbook for Social Anxiety and Shyness, the authors' acceptance and commitment therapy (ACT) program for overcoming shyness has become available to the public for the first time. This program has been found to be highly effective in research studies for the treatment of social anxiety disorder and related subclinical levels of shyness. In the first section, you will confront performance fears, test anxiety, shy bladder, and interpersonal fears—fundamental symptoms of social anxiety. The second part helps you learn psychological flexibility to improve your ability to accept the feelings, thoughts, and behavior that may arise as you learn to work past your anxiety. By keeping your values front and center, you will gradually learn to move beyond your fears and toward greater social confidence. 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.

*A Practitioner's Guide to Using Mindfulness, Acceptance, and Values-Based Behavior Change Strategies* Guilford Publications

Stand up to your OCD! The ACT Workbook for OCD combines evidence-based acceptance and commitment therapy (ACT) with exposure and response prevention (ERP) for the most up-to-date, effective treatment for obsessive-compulsive disorder (OCD). If you're one of millions of people who suffer from OCD, you may experience obsessive, intrusive, or even disturbing thoughts. You may engage in compulsive or ritualistic behaviors, such as checking to make sure you've locked the front door, or endlessly washing your hands for fear of germs or contamination. And you may be tempted to give up if treatment just doesn't work for you. Whether you've just received a diagnosis, or have suffered for years, this workbook can help. Using the powerful and proven-effective treatments in this guide, you'll learn what type of OCD you suffer from (such as harm OCD), how to identify the underlying mechanisms of your OCD, move through triggering incidents while staying present and connected to your values, be more aware and flexible, tolerate uncertainty, and commit to behaviors that ultimately allow you to lead a full, rewarding life. Once you realize what really matters to you, you'll find the motivation needed to start on the path to psychological well-being. If you're ready to be courageous, take a risk, and stand up to your OCD symptoms, this workbook can help guide you, every step of the way.

**The Mindfulness and Acceptance Workbook for Self-Esteem** The Mindfulness and Acceptance Workbook for Anxiety A Guide to Breaking Free from Anxiety, Phobias, and Worry Using

Acceptance and Commitment TherapyThe first edition of the award-winning "The Mindfulness and Acceptance Workbook for Anxiety" introduced countless readers to the concept of mindfulness, and has successfully helped many people manage worry, fear, and panic so they can live a better life. This fully revised and updated second edition of the best-selling and innovative workbook offers readers compelling new acceptance and commitment therapy (ACT) exercises to help them finally conquer their anxiety. The Mindfulness and Acceptance Workbook for Anxiety A Guide to Breaking Free from Anxiety, Phobias, and Worry Using Acceptance and Commitment Therapy

The Mindfulness and Acceptance Workbook for OCD combines evidence-based acceptance and commitment therapy (ACT) with exposure and response prevention (ERP) for the most up-to-date, effective treatment for obsessive-compulsive disorder (OCD). With this workbook, readers who struggle with OCD will learn to identify the underlying mechanisms of their disorder, move through triggering incidents while staying present and connected to their values, tolerate uncertainty, and commit to behaviors that ultimately allow them to lead full, rewarding lives.

*An Eight-Week Program for Improved Emotion Regulation and Resilience* New Harbinger Publications

Teens often try to avoid the things that make them anxious; but avoidance can actually make anxiety worse, and get in the way of reaching goals and living full lives. Written by three experts in teen mental health, this powerful workbook offers proven-effective activities grounded in acceptance and commitment therapy (ACT) to help teens cope with anxiety, build resilience, discover what really matters to them, and lead fuller, more flexible lives.

*The Mindfulness and Acceptance Workbook for Depression* Guilford Publications

Move past anxiety and discover what really matters to you. Written by three experts in teen mental health, this powerful workbook offers evidence-based activities grounded in acceptance and commitment therapy (ACT) to help you cope with anxiety, build resilience, stop avoiding the things you fear, and lead a fuller, happier life. Anxiety is what we feel when we're scared about some future event that may or may not happen. When you're struggling with anxiety your mind is trying to protect you from danger, so it's busy telling you about all the things you can't do. Along with these thoughts come a host of feelings and bodily sensations—such as sweaty palms, restlessness, lightheadedness, and stomach aches. But it's not the anxious thoughts that make anxiety a problem. It's the actions we take, or don't take, as a result of these thoughts. In *The Mindfulness and Acceptance Workbook for Teen Anxiety*, you'll find helpful alternatives to the ineffective strategies and habits you're currently using to deal with anxiety, such as avoidance. You'll find basic information about anxiety to help you recognize what it looks and feels like, mindfulness tips to help you stay in the moment when you feel worried about the future, and tips to help you connect with your own values so you can start putting the important things in life first.

**The Mindfulness and Acceptance Workbook for Stress Reduction** New Harbinger Publications

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.)

[Acceptance and Commitment Therapy for Anxiety Disorders](#)  
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There's nothing wrong with being shy. But if social anxiety keeps you from forming relationships with others, advancing in your education or your career, or carrying on with everyday activities, you may need to confront your fears to live an enjoyable, satisfying life. This new edition of *The Shyness and Social Anxiety Workbook* offers a comprehensive program to help you do just that. As you complete the activities in this workbook, you'll learn to: Find your strengths and weaknesses with a self-evaluation ; Explore and examine your fears; Create a personalized plan for change; Put your plan into action through gentle and gradual exposure to social situations.... Information about therapy, medications, and other resources is also included. After completing this program, you'll be well-equipped to make connections with the people around you. Soon, you'll be on your way to enjoying all the benefits of being actively involved in the social world.

[A Guide to Breaking Free from Anxiety, Phobias and Worry Using Acceptance and Commitment Therapy](#) New Harbinger Publications

Self-compassion is a powerful inner resource. More than a thousand research studies show the benefits of being a supportive friend to yourself, especially in times of need. This science-based workbook offers a step-by-step approach to breaking free of harsh self-judgments and impossible standards in order to cultivate emotional well-being. In a convenient large-size format, this is the first self-help resource based on the authors' groundbreaking 8-week Mindful Self-Compassion program, which has helped tens of thousands of people around the globe. Every chapter includes guided meditations (with audio downloads); informal practices to do anytime, anywhere; exercises; vivid examples of people using the techniques to address different types of challenges (relationship stress, weight and body image issues, health concerns, anxiety, and more); and empathic reflection questions. Working through the book, readers build essential skills for personal growth based on self-care--not

self-criticism. See also *The Mindful Path to Self-Compassion*, by Christopher Germer, which delves into mindful self-compassion and shares moving stories of how it can change lives.

[Activities to Help You Overcome Fears and Worries Using Acceptance and Commitment Therapy](#) Guilford Publications  
*Break the Bulimia Cycle with Mindfulness and Acceptance* If you have bulimia, you know what it's like to be locked in a battle with your body—and you know that whether you're trying to lose weight or struggling to end the bingeing and purging cycle, the same old fears and self-doubts keep coming back. The approach to moving beyond bulimia in *The Mindfulness and Acceptance Workbook for Bulimia* is different than other treatments you may have tried. Instead of encouraging you to avoid or fight against the conflicted feelings you have about food and your body, this workbook invites you to welcome and accept your deepest fears, learn to live with them, and put the things that are really important in your life first. Easier said than done? Definitely. But with this plan based in acceptance and commitment therapy, a proven-effective therapeutic solution to bulimia and other conditions, you'll develop the powerful psychological skills you need to move past bulimia and toward a more fulfilling way of life. The worksheets, exercises, and questionnaires in this book will help you:

- Determine the risks of continuing the bulimia cycle
- Identify the experiences and relationships that matter to you most
- Practice present-moment awareness
- Learn to accept your thoughts, feelings, and experiences as they come
- Recommit to living according to your deepest values

[A Guide to Breaking Free from Bulimia Using Acceptance and Commitment Therapy](#) New Harbinger Publications  
 Mindfulness- and acceptance-based approaches such as Acceptance and Commitment Therapy (ACT) and Mindfulness Acceptance Commitment (MAC) are gaining momentum with sport psychology practitioners who work to support elite athletes. These acceptance-based, or third wave, cognitive behavioral approaches in sport psychology highlight that thought suppression and control techniques can trigger a metacognitive scanning process, and that excessive cognitive activity and task-irrelevant focus (self-focused attention such as trying to change thoughts) disrupts performance. Using this perspective, the aim of sport psychology interventions is not to help the athletes engage in the futile task of managing and controlling internal life. Rather, it suggests that sport psychology practitioners should work to increase athletes' willingness to accept negative thoughts and emotions in pursuit of valued ends. Key aspects of such interventions include: teaching athletes to open up and accept, teaching athletes to mindfully engage in the present moment, and helping athletes formulate the values and engage in committed actions towards these values. The goal of *Mindfulness and Acceptance in Sport: How to Help Athletes Perform and Thrive under Pressure* then is to provide students, researchers, practitioners, and coaches of sport psychology with practical guidance for implementing mindfulness and acceptance approaches in their work with athletes. This book brings together highly experienced practitioners and shares their working methods, exercises, and cases to inspire the sport psychology profession.

[The Mindfulness and Acceptance Workbook for Depression](#) New Harbinger Publications  
[The Mindfulness and Acceptance Workbook for Anxiety](#)  
[A Guide to Breaking Free from Anxiety, Phobias, and Worry Using Acceptance and Commitment Therapy](#)

**Using Acceptance and Commitment Therapy to Manage Stress, Build Resilience, and Create the Life You Want** New Harbinger Publications

If you have obsessive-compulsive disorder (OCD), you might have

an irrational fear of being contaminated by germs, or obsessively double-check things. You may even feel like a prisoner, trapped with your intrusive thoughts. And while OCD can have a devastating impact on your life, getting real help can be a challenge. Combining mindfulness practices with cognitive-behavioral therapy (CBT), *The Mindfulness Workbook for OCD* offers practical and accessible tools for managing the unwanted thoughts and compulsive urges that are associated with OCD. With this workbook, you will develop present-moment awareness, learn to challenge your own distorted thinking, and stop treating thoughts as threats and feelings as facts. This fully revised and updated second edition also includes new meditations, information, and chapters on emotional and mental contamination, existential obsessions, false memories, and more. If you're ready to take back your life back from OCD—and start living with more joy in the moment—this workbook has everything you need to get started right away.

[The Worry Trap](#) New Harbinger Publications  
 Cognitive behavioral therapy (CBT) is the most widely used treatment for depression for one simple reason: it works. The CBT program in this workbook has helped thousands of readers defeat the depressive thoughts and beliefs that keep them from enjoying life and feeling like themselves. Used alone or in conjunction with therapy, *The Cognitive Behavioral Workbook for Depression* delivers evidence-based tools you can confidently use to do better, feel better, and prevent depression from coming back. Through a series of worksheets and exercises, you'll evaluate your depression and learn key skills for overcoming it. Once you have your depression symptoms under control, you will appreciate the additional information on preventing relapse that is special to this new edition. This workbook also includes twenty-five bonus tips from depression experts that can jump-start your recovery. Recommended by therapists nationwide, this workbook will help you bounce back from depression, one solid step at a time. Includes worksheets and exercises that will help you:

- Move past the negative beliefs about yourself that keep you trapped in the depression cycle
- Apply behavioral techniques that therapists use with their clients, such as activity scheduling
- Discover effective ways to cope with feelings of stress, anxiety, and anger
- Avoid procrastinating and learn to anchor the positive changes you make to maintain your progress

“Chock-full of the ready-to-use strategies you will need to help you feel good again.” —Jon Carlson, PsyD, EdD, Distinguished Professor at Governors State University

[Expanding the Cognitive-Behavioral Tradition](#)  
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Most addictive behavior is rooted in some type of loss, be it the death of a loved one, coming to terms with limitations set by chronic health problems, or the end of a relationship. By turning to drugs and alcohol, people who have suffered a loss can numb their grief. In the process, they postpone their healing and can drive themselves further into addiction. *The Mindfulness Workbook for Addiction* offers readers an effective program for working through their addiction and grief with cognitive behavior therapy (CBT), dialectical behavior therapy (DBT), and acceptance and commitment therapy (ACT). Created by a psychologist who works for the Department of Veterans Affairs and a marriage and family therapist who works for Sharp Mesa Vista Hospital, this mindfulness training workbook is effective for treating the emotion dysregulation, stress, depression, and grief that lie at the heart of addiction. No matter the loss, the mindfulness skills in this workbook help readers process their grief, determine the function their addiction is serving, and replace the addiction with healthy coping behaviors.

**The Shyness and Social Anxiety Workbook** Routledge

Acceptance and commitment therapy, or ACT (pronounced as a word rather than letters), is an emerging psychotherapeutic technique first developed into a complete system in the book *Acceptance and Commitment Therapy* by Steven Hayes, Kirk Strosahl, and Kelly Wilson. ACT marks what some call a third wave in behavior therapy. To understand what this means, it helps to know that the first wave refers to traditional behavior therapy, which works to replace harmful behaviors with constructive ones through a learning principle called conditioning. Cognitive therapy, the second wave of behavior therapy, seeks to change problem behaviors by changing the thoughts that cause and perpetuate them. In the third wave, behavior therapists have begun to explore traditionally nonclinical treatment techniques like acceptance, mindfulness, cognitive defusion, dialectics, values, spirituality, and relationship development. These therapies reexamine the causes and diagnoses of psychological problems, the treatment goals of psychotherapy, and even the definition of mental illness itself. ACT earns its place in the third wave by reevaluating the traditional assumptions and goals of psychotherapy. The theoretical literature on which ACT is based questions our basic understanding of mental illness. It argues that the static condition of even mentally healthy individuals is one of suffering and struggle, so our grounds for calling one behavior 'normal' and another 'disordered' are murky at best. Instead of focusing on diagnosis and symptom etiology as a foundation for treatment—a traditional approach that implies, at least on some level, that there is something 'wrong' with the client—ACT therapists begin treatment by encouraging the client to accept without judgment the circumstances of his or her life as they are. Then therapists guide clients through a process of identifying a set of core values. The focus of therapy thereafter is

making short and long term commitments to act in ways that affirm and further this set of values. Generally, the issue of diagnosing and treating a specific mental illness is set aside; in therapy, healing comes as a result of living a value-driven life rather than controlling or eradicating a particular set of symptoms. Emerging therapies like ACT are absolutely the most current clinical techniques available to therapists. They are quickly becoming the focus of major clinical conferences, publications, and research. More importantly, these therapies represent an exciting advance in the treatment of mental illness and, therefore, a real opportunity to alleviate suffering and improve people's lives. Not surprisingly, many therapists are eager to include ACT in their practices. ACT is well supported by theoretical publications and clinical research; what it has lacked, until the publication of this book, is a practical guide showing therapists exactly how to put these powerful new techniques to work for their own clients. *Acceptance and Commitment Therapy for Anxiety Disorders* adapts the principles of ACT into practical, step-by-step clinical methods that therapists can easily integrate into their practices. The book focuses on the broad class of anxiety disorders, the most common group of mental illnesses, which includes general anxiety, panic disorder, phobias, obsessive-compulsive disorder, and post-traumatic stress disorder. Written with therapists in mind, this book is easy to navigate, allowing busy professionals to find the information they need when they need it. It includes detailed examples of individual therapy sessions as well as many worksheets and exercises, the very important 'homework' clients do at home to reinforce work they do in the office. The book comes with a CD-ROM that includes electronic versions of all of the worksheets in the book as well as PowerPoint and audio features that make learning and teaching these techniques easy and engaging.

Related with *The Mindfulness And Acceptance Workbook For Anxiety A Guide To Breaking From Anxiety Phobias And Worry Using Acceptance And Commitment Therapy*:

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