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The Cognitive Behavioral Workbook for Anxiety: A Step-by-Step Program

William J. Knaus

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When anxious feelings spiral out of control, they can drain your energy and prevent you from living the life you want. If you're ready to stop letting your anxiety have the upper hand, **The Cognitive Behavioral Workbook for Anxiety** can help. This workbook offers a step-by-step program you can use, on your own or with a therapist, to end anxiety and get back to living a rich and productive life.

With this book, you'll develop a personal plan using techniques from rational emotive behavior therapy (REBT) and cognitive behavioral therapy (CBT), powerful treatment methods proven to be even more effective in the long term than anxiety medication. You'll learn to recognize your anxiety triggers, develop skills to stop anxious thoughts before they get out of control, and stop needless fears from coming back.

The powerful tools in this book will help you:

- Silence the irrational thoughts that trigger anxiety
- Create a personal plan to overcome excessive fears and worries
- Stop expecting perfection from yourself and start feeling confident
- Calm yourself when panic takes hold
- Defeat depression and other conditions that often occur with anxiety
- Build self-esteem
- Track your symptoms and maintain your progress

This book has received the prestigious accolade of being included in *The Albert Ellis Tribute Book Series*—created to honor the life and work of Albert Ellis, the founder of rational emotive behavioral therapy (REBT). REBT is one of the most widely-practiced therapies throughout the world and is the foundation for cognitive-behavioral therapy and other evidence-based approaches. These books provide proven-effective treatments and tools to improve psychological well-being, while also supporting advancements in psychotherapy for the betterment of humanity.

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Tonya Sewell:

The Cognitive Behavioral Workbook for Anxiety: A Step-by-Step Program can be one of your basic books that are good idea. All of us recommend that straight away because this e-book has good vocabulary that will increase your knowledge in vocab, easy to understand, bit entertaining but still delivering the information. The article writer giving his/her effort to place every word into joy arrangement in writing The Cognitive Behavioral Workbook for Anxiety: A Step-by-Step Program however doesn't forget the main level, giving the reader the hottest and based confirm resource details that maybe you can be among it. This great information could drawn you into completely new stage of crucial thinking.

Helen Sullivan:

In this period of time globalization it is important to someone to get information. The information will make anyone to understand the condition of the world. The fitness of the world makes the information simpler to share. You can find a lot of recommendations to get information example: internet, newspaper, book, and soon. You can see that now, a lot of publisher which print many kinds of book. The particular book that recommended to you personally is The Cognitive Behavioral Workbook for Anxiety: A Step-by-Step Program this book consist a lot of the information from the condition of this world now. This particular book was represented so why is the world has grown up. The words styles that writer use for explain it is easy to understand. Typically the writer made some study when he makes this book. Honestly, that is why this book appropriate all of you.

Lisa Rice:

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