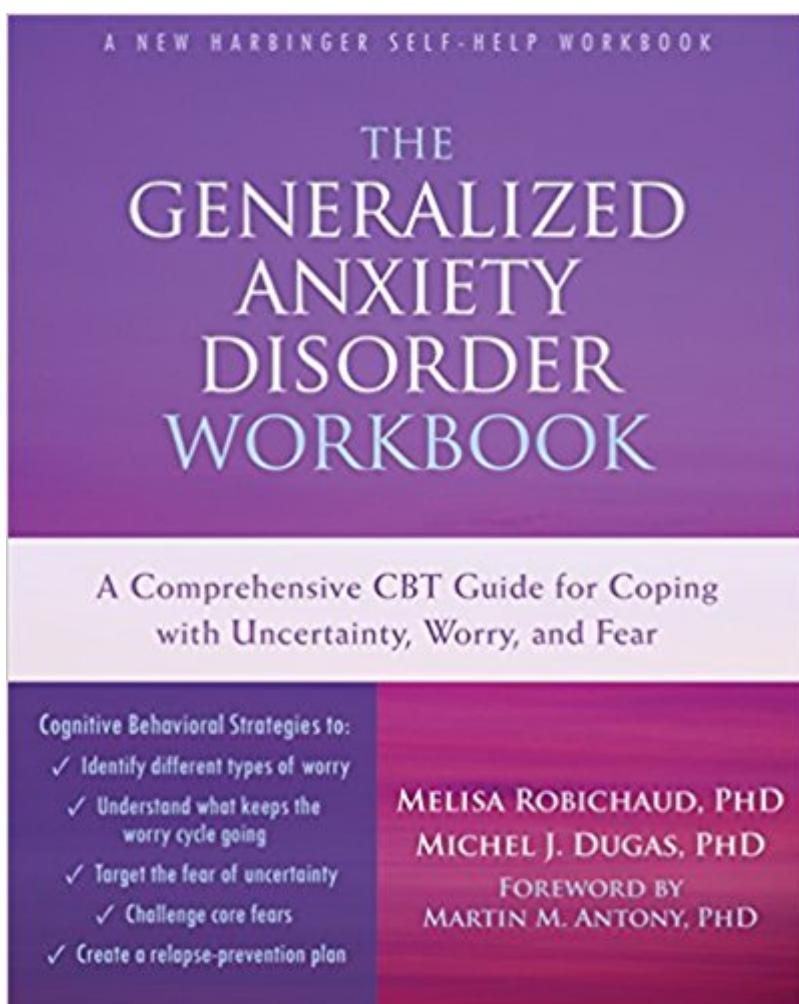


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# The Generalized Anxiety Disorder Workbook: A Comprehensive CBT Guide For Coping With Uncertainty, Worry, And Fear (New Harbinger Self-Help Workbooks)





## Synopsis

The Generalized Anxiety Disorder Workbook offers a powerful, comprehensive new approach to treating generalized anxiety disorder (GAD). If you have GAD, you may experience excessive and uncontrollable worry about daily life events, including your finances, family, health, future, and even minor concerns like traffic, work, or household issues. You aren't alone. GAD is one of the most commonly diagnosed mental health issues facing our society today. Unfortunately, this chronic condition can cause such excessive worrying that it can be difficult to live your life; and can even manifest in a number of physical symptoms, including sleep and concentration problems, fatigue, irritability, and feelings of restlessness. So, how can you take charge of your anxiety before it takes over your life? Based in cognitive behavioral therapy (CBT), this book provides real, proven-effective solutions. Written by three renowned anxiety experts, the book offers practical exercises and strategies to help soothe your worst worries, fears, and panic. The book focuses on what most often leads you to worry; the fear of uncertainty. In a nutshell, people with GAD worry as a way of mentally planning and preparing for any outcome that life throws their way. With this book, you'll learn to stop seeing uncertainty as threatening; which will in turn, reduce your anxiety and instill a sense of calm. If you're ready to stop letting your worries get the better of you, this easy-to-use workbook will help you; one step at a time.

## Book Information

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## Customer Reviews

If you have ever engaged in excessive worry, you will find value in The Generalized Anxiety

Disorder Workbook. This volume introduces the concepts of intolerance of uncertainty and the search for safety as key aspects of the worry cycle to explain the core processes involved in unwarranted worry. The real jewels of this book, however, are the very many concrete and applicable tools that it provides to readers, to help them both understand their worry and to correct their concerns, if necessary. This workbook is based on solid research as well as the framework of cognitive behavioral therapy (CBT), and is written in an accessible and practical manner by two of the world's leading authorities. I recommend it with no uncertainty.

•Keith S. Dobson, PhD, professor of clinical psychology at the University of Calgary, Canada; past president of the Academy of Cognitive Therapy; and past president of the International Association for Cognitive Psychotherapy

“This is a fantastic workbook for several reasons: it is based on a treatment that has strong scientific support from multiple trials; it is brilliantly written, and is highly practical. The downloadable worksheets and exercises, clear examples, and obvious expertise of the authors make this an invaluable resource for people suffering from excessive worry, as well as health professionals.

•Roz Shafran, PhD, clinical psychologist and professor of translational psychology at the University College London Institute of Child Health

“The Generalized Anxiety Disorder Workbook provides a thorough, engaging, and accessible guide for managing worry. The CBT-based approach is comprehensive, starts from basics, and should have something of value for everyone who struggles with uncontrollable and distressing worry.

•Graham C. L. Davey, PhD, professor of psychology at the University of Sussex, United Kingdom

“Everyone who suffers from generalized anxiety disorder (GAD) or has any difficulties with worry should read this book. The Generalized Anxiety Disorder Workbook provides an outstanding step-by-step guide to understanding and overcoming worry and anxiety, utilizing scientifically proven techniques and strategies. Robichaud and Dugas are internationally recognized experts who so aptly translate the research findings and practical skills into a workbook that is reader friendly, engaging, and easy to understand. This book should also be required reading for professionals and students interested in the treatment of anxiety.

•David J. A. Dozois, PhD, professor and director of the clinical psychology graduate program in the department of psychology at the University of Western Ontario

“Building on decades of research and their own extensive clinical expertise, Robichaud and Dugas provide easy-to-follow, useful steps that will help people struggling with worry to cope more effectively with those challenges. I highly recommend this book for anyone who feels anxiety is interfering with their lives, and for the therapists who are helping them.

•Elizabeth Roemer, PhD, professor of psychology at the University of Massachusetts Boston, and coauthor of *The Mindful Way Through*

Anxiety  
Generalized anxiety disorder (GAD) continues to be one of the hardest-to-treat psychological conditions. Further, few people seek help for it, despite a multitude of findings that speak to its associated distress, difficulty functioning, loss of work, and relationship challenges. Robichaud and Dugas are experts in the treatment of generalized anxiety disorder, and this workbook benefits greatly from their wisdom. They have put together a clear and cogent guide for those suffering with chronic worry and uncertainty. The explanations and interventions outlined in this workbook are well supported, and will undoubtedly provide a vital source of help to those suffering with this debilitating condition.

Douglas Mennin, professor of psychology at Hunter College and The Graduate Center at the City University of New York in New York, NY

Melisa Robichaud, PhD, is a clinical psychologist and cofounder of the Vancouver CBT Centre. She holds adjunct clinical faculty and clinical associate positions in psychology and psychiatry at the University of British Columbia and Simon Fraser University. Robichaud specializes in the treatment of anxiety with an emphasis on generalized anxiety disorder (GAD), and is on the scientific advisory board of AnxietyBC. For over a decade, she has provided workshops and training to both mental health professionals and the public on the treatment of GAD, and has published numerous book chapters and scientific articles on the subject. Michel J. Dugas, PhD, is professor of psychology at the UniversitÃ© du QuÃ©bec en Outaouais, and affiliate professor of psychology at Concordia University. Over the past two decades, he has conducted research on the etiology and treatment of generalized anxiety disorder (GAD) with a specific focus on intolerance of uncertainty. He has published over ninety scientific articles and made more than 250 conference presentations on the topic of GAD. Dugas is a Fellow of the Canadian Psychological Association and the Canadian Association of Cognitive and Behavioural Therapies. Foreword writer Martin M. Antony, PhD, is professor and chair in the department of psychology at Ryerson University in Toronto, Ontario. He is director of research at the Anxiety Treatment and Research Clinic at St. Joseph's Healthcare in Hamilton, Ontario, and past president of the Canadian Psychological Association. An award-winning researcher, Antony is coauthor of *The Shyness and Social Anxiety Workbook*, *When Perfect Isn't Good Enough*, and more than twenty-five other books. His research, writing, and clinical practice focus on cognitive behavioral therapy (CBT) and the treatment of anxiety disorders. He has been widely quoted in the American and Canadian media.

It was good at first but as I got near the end it was the same old type of logging everything and keeping track. It helped a little though... but I kinda wish it came with extra worksheets already in the

book instead of having you go online and print them out - that was kind of an inconvenience to me. It was still very informative though and helpful in a lot of ways, but not very engaging in the long run.

If you are ready to work on your GAD, this is a really helpful tool. Along with CBT, I have found the exercises in this book to be very useful in providing a new way to think about anxiety and what specifically affects you. This book breaks it down for you, but if you're willing and ready to do the work, I think it will greatly help.

Doesn't patronize you or treat you like a child the way a lot of anxiety books do. It's clear and helpful, and the exercises feel useful and make me reconsider my day-to-day thoughts and processes.

Explains very well. Helped in many areas

Good book, but not what I was hoping for. For others it may give them good insight on their anxiety.

Not a casual read. Helpful if you are having a tough time or know someone who is.

Very valuable learning too.

Good general workbook on the subject.

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Afraid": A Self-Help Manual for People Who Worry a Lot and Suffer Anxiety and Fear The Mindfulness and Acceptance Workbook for Social Anxiety and Shyness: Using Acceptance and Commitment Therapy to Free Yourself from Fear and Reclaim Your Life (New Harbinger Self-Help Workbook) The Qigong Workbook for Anxiety: Powerful Energy Practices to Rebalance Your Nervous System and Free Yourself from Fear (New Harbinger Self-Help Workbook) The Anxiety Survival Guide for Teens: CBT Skills to Overcome Fear, Worry, and Panic (The Instant Help Solutions Series) Overcoming Trauma and PTSD: A Workbook Integrating Skills from ACT, DBT, and CBT (A New Harbinger Self-Help Workbook) Cognitive Behavioral Therapy (CBT): A Complete Guide To Cognitive Behavioral Therapy - A Practical Guide To CBT For Overcoming Anxiety, Depression, Addictions ... Phobias, Alcoholism, Eating disorder) The Mindfulness Workbook for Addiction: A Guide to Coping with the Grief, Stress and Anger that Trigger Addictive Behaviors (A New Harbinger Self-Help Workbook) The Anxiety Workbook for Teens: Activities to Help You Deal with Anxiety and Worry (Instant Help Solutions) The OCD Workbook: Your Guide to Breaking Free from Obsessive-Compulsive Disorder (A New Harbinger Self-Help Workbook) ADHD Guide Attention Deficit Disorder: Coping with Mental Disorder such as ADHD in Children and Adults, Promoting Adhd Parenting: Helping with Hyperactivity and Cognitive Behavioral Therapy (CBT) The Dialectical Behavior Therapy Skills Workbook for Bipolar Disorder: Using DBT to Regain Control of Your Emotions and Your Life (New Harbinger Self-Help Workbook) The Cognitive Behavioral Workbook for Menopause: A Step-by-Step Program for Overcoming Hot Flashes, Mood Swings, Insomnia, Anxiety, Depression, and Other Symptoms (New Harbinger Self-Help Workbook) Separation Anxiety: A Parent's Guide for Dealing with a Child's Separation Anxiety ~ ( Separation Anxiety Disorder | Separation Anxiety in Children or Toddlers )

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