

# The Anti-anxiety Workbook

**Proven Strategies to Overcome Worry,  
Phobias, Panic, and Obsessions**

# *The* Anti-Anxiety Workbook

Includes the most

effective, science-based methods to help you:

- *Identify Your Anxiety Triggers*
- *Defeat Your Fears*
- *Change Unrealistic Negative Thinking*
- *Reduce Stress*

Martin M. Antony, PhD, and Peter J. Norton, PhD

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著者:Antony, Martin M./ Norton, Peter J.

出版者:

出版时间:2008-12

装帧:

isbn:9781593859930

Winner of the Association for Behavioral and Cognitive Therapies (ABCT) Self-Help Seal of Merit! From panic attacks to chronic worry, it is estimated that the UK has as many as 20 million sufferers of an anxiety condition, making it one of the most common

reasons people seek psychological help. Now, anxiety experts Martin M. Antony and Peter J. Norton provide sufferers with a state-of-the-art program for conquering their worries, phobias, and obsessions. The Anti-Anxiety Workbook offers an unrivalled toolkit of proven strategies drawn from cognitive-behavioral therapy, the most effective treatment for anxiety. Readers use convenient self-assessment worksheets to identify their worry triggers and keep track of their anxious moments in weekly journals. Hands-on exercises help them change the beliefs and behaviors that cause anxiety and worsen symptoms. Other techniques provide ways to achieve a new level of calm. Antony and Norton also offer clear advice on psychotherapy and the use of anti-anxiety medications. Grounded in the best available research, this powerful, practical book helps readers take control of their worries and get their lives back on track. Includes over two dozen reproducibles.

作者介绍:

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