



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

William J. Knaus, Jon Carlson (Foreword)

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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, Second Edition* can help you to recognize your anxiety triggers, develop skills to stop anxious thoughts before they take over, and keep needless fears from coming back.

In the second edition of this best-selling workbook, William J. Knaus offers a step-by-step program to help you overcome anxiety and get back to living a rich and productive life. With this book, you will develop a personal wellness plan using techniques from rational emotive behavior therapy (REBT) and cognitive behavioral therapy (CBT), powerful treatment methods proven to be even more effective than anxiety medication. This edition includes new evidence-based techniques such as behavioral activation and values-based action, addresses perfectionism and anxiety, and features updated, cutting-edge research.

Anxiety and panic are intense emotions, and in the moments that you experience them it may seem like you are powerless, but nothing could be further from the truth. This workbook offers a practical program that you can use on your own, or with a therapist, to take back that power and end anxiety once and for all.

The Cognitive Behavioral Workbook for Anxiety: A Step-By-Step Program Details

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From Reader Review The Cognitive Behavioral Workbook for Anxiety: A Step-By-Step Program for online ebook

Narita says

I had never in my life experienced full blown panic attacks until the loss of two loved ones a year apart. Yes I had had anxiety, but not the heart pounding, dizzy, out of control, feeling like I am going to die kind. It was terrifying! As much as would have liked a quick fix, there was no such thing. This book is a real blessing. I didn't need a book to tell me what was wrong with me, but one that would show me what to do.

The book is great! As I read it, time and time again, I had these thoughts,

“Yes someone understands!”

“No I’m not crazy!”

“I am not the only one feeling this way!”

First of all there was not a bunch of medical mumbo jumbo. It was easy for someone without a PhD to understand. It reminded me that all feelings and actions begin with a thought. The extreme physical and emotional symptoms I was experiencing hindered me from remembering that. It also taught me what was actually happening to me physically during anxiety. By understanding this, it took the “claws” out of the bear I was dealing with. The workbook didn’t give me the idea of unrealistic, instant results, but that overcoming was a process and would take work on my part. Then in great detail it guided me step by step. There are many written exercises that help you take a good hard look at exactly where your anxiety is coming from, and concrete applications to implement each day. If you have a setback you can always return to the previous lesson and do it again.

By having the written workbook that keeps record of your thoughts and progress, you can go back and see how far you have come. Or, you can go back and review what you have learned when you repeat challenges you have previously had.

A great book! I highly recommend it for anyone grappling with anxiety!

I received this book free from New Harbinger Publishers. I was not required to write a positive review. The opinions I have stated are my own.

Latasha says

Well this took me over 2 months to finish, and I'm glad I took the time. This helped tremendously with my anxiety, and gave me more tools than I thought it would. There were 3 or 4 sections on social anxiety and depression that didn't really apply, but I read through each tool and worksheet just so I could obtain the knowledge. I would highly recommend this to anyone with anxiety (especially a person with an anxiety disorder or who worries that they worry too much!).

Josh Fish says

This book helped me to gain some perspective about my perfectionist thinking. The best piece of advice I took from this book is "sometimes pretty good is perfect." It offers a lot of practical advice for dealing with moderate anxiety.

Kathleen Holloway says**Really helpful**

This is the only thing I want to get to work for me too under stand that is a great way for people to get the best help you can provide for yourself.
