The 10 Best-Ever Anxiety Management Techniques Workbook

By Margaret Wehrenberg

WW Norton & Co. Paperback. Book Condition: new. BRAND NEW, The 10 Best-Ever Anxiety Management Techniques Workbook, Margaret Wehrenberg, Brimming with exercises, worksheets, tips, and tools, this how-to workbook is the much-anticipated companion to Wehrenberg's popular The 10 Best-Ever Anxiety Management Techniques. Expanding on those top 10 anxiety-busting techniques, the workbook demonstrates exactly how to put them to work to understand, manage, and conquer your stress. From panic disorders, generalized anxiety, and social anxiety, to everyday worry and stress, manifestations of anxiety are among the most common and pervasive mental health complaints. Whether you suffer from sweaty palms during a work presentation, persistent rumination, or even agoraphobia, anxiety can be debilitating. But thanks to a flood of supporting brain research, effective, practical strategies have emerged that allow us to manage day-to-day anxiety on our own. In this workbook, Wehrenberg walks us through a valuable collection of them, showing just how physical, emotional, and behavioral symptoms can be alleviated with targeted training. Step-by-step exercises on developing and implementing counter-cognitions, mindfulness meditation, thought-stopping and thought-replacement, "breathing minutes," demand delays, cued relaxation, affirmations, and much more are presented-all guaranteed to soothe your anxious thoughts. The accompanying audio CD features an array of calming,...

Reviews

This ebook may be worth purchasing. it absolutely was writtern extremely completely and useful. You will not truly feel monotony at whenever you want of your respective time (that's what catalogs are for relating to when you ask me).
-- Idella Halvorson

It is easy in study better to understand. Of course, it is actually play, nonetheless an amazing and interesting literature. I am quickly could possibly get a satisfaction of reading through a published ebook.
-- Ms. Lucinda Koelpin