

A NEW HARBINGER SELF-HELP WORKBOOK

# The Cognitive Behavioral Workbook *for* Anxiety

SECOND EDITION

A STEP-BY-STEP PROGRAM

Learn to recognize, track & overcome fear

Break the connections between fear & depression, procrastination & worry

Overcome inhibition, perfectionism & low self-esteem | Defeat social anxiety

Manage overwhelming emotions & feelings of panic | Stay on track

**WILLIAM J. KNAUS, EdD**

FOREWORD BY JON CARLSON, PsyD, EdD

Fully Revised  
& Updated

William J. Knaus EdD and

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



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When anxious feelings spiral uncontrollable, they may drain your energy and stop you from living the life span you want. With this book, you will develop an individual wellness plan using methods from rational emotive behavior therapy (REBT) and cognitive behavioral therapy (CBT), effective treatment methods proven to be even more effective than stress and anxiety medication. In the second edition of the best-selling workbook, William J. Knaus gives a step-by-step system to assist you overcome nervousness and get back to living a wealthy and productive life. If you're ready to stop letting your anxiousness have the upper hand, The Cognitive Behavioral Workbook for Nervousness, Second Edition might help you to identify your panic triggers, develop skills to avoid anxious thoughts before they take over, and keep needless fears from coming back. This workbook gives a practical program that you can use on your own, or with a therapist, to take back that power and end stress forever. Panic and anxiety are intense emotions, and in the occasions that you experience them it may seem as if you are powerless, but nothing could be further from the truth. This edition includes fresh evidence-based methods such as behavioral activation and values-based action, addresses perfectionism and panic, and features up to date, cutting-edge research.



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It's a good workbook. This workbook, coupled with medicine from my psychiatrist, has produced my anxiety manageable to the point that I have not taken medications or visited a psychiatrist for days gone by two years. After functioning through the reserve, I still possess insomnia but I no more have anxiety at night time because of my insomnia, to add to my insomnia. Just Great! I would recommend it. It's an excellent workbook. my grades possess increased; I am 18 yrs . old and it provides helped me therefore much coping with my anxieties and having a boyfriend. If You Have Anxiety, Buy This Publication. The tone is so calming, and I always feel better after reading a chapter. There exists a mix of reading/lecture and answering worksheets which is a great mixture. I recommend it I bought this workbook to greatly help with my insomnia. Personally i think so far better; Recommended! and I can even coach my close friends through defeating anxiety attacks. It breaks anxiety into specific cases and can help you deal with your particular panic attack, and if nothing else, even just reading the reserve is therapeutic. There's a reflection after every chapter that basically helps me keep in mind what I discovered. It is really assisting me. When you feel anxious, just go down the desk of contents until you find the chapter that applies to your particular situation, even if you have browse that chapter 100 times. It can help over and over again. Five Stars Great advice in this book. IT WORKS IN THE EVENT THAT YOU WORK IT! Incredibly helpful The techniques and insight of this workbook, alongside general progress, has helped my anxiety tenfold. Whether your panic is more public, generalized, or your daily life is merely filled with worry, this book will help you. I'm taking into consideration purchasing the depression one aswell (although I don't always need it). Good Workbook Good workbook. I am experiencing the reading and The excercises are useful. would recommend to anyone fighting anxiety! I purchased this for myself. This is simply not a book that certain typically reads cover-to-cover. New/retold ideas There is so much fresh stuff in this publication that it is slower go, but I have to try each suggestion to see if it helps. Okay Okay Two Stars Difficult to follow Three Stars Too simplistic but relatively helpful



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