

DON'T FEED THE MONKEY MiND



HOW *to* STOP
THE CYCLE
of ANXIETY,
FEAR & WORRY

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Don't Feed the Monkey Mind: How to Stop the Cycle of Anxiety, Fear, and Worry



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The very things we do to regulate anxiety can make anxiety worse. This original guide gives a cognitive behavioral therapy (CBT)-based approach to help you recognize the constant chatter of your anxious “ Unfortunately, you can’t end feeding anxious thoughts, and find the non-public peace you crave. Ancient sages compared the human being brain to a monkey: constantly chattering, hopping from branch to branch—endlessly moving from fear to safety. If you are one of the millions of people whose lifestyle is affected by anxiety, you are aware of this process. monkey mind,”t pull the plug on the “monkey brain,” By following a exercises in this book, you’Once you end feeding the monkey, you can find no limitations to how expansive your daily life can feel. Compiled by psychotherapist Jennifer Shannon, this book demonstrates how to stop anxious thoughts from taking over using proven-effective cognitive behavioral therapy (CBT), acceptance and commitment therapy (Take action), and mindfulness techniques, in addition to fun illustrations. but you can stop feeding the monkey— This book will highlight how panic can only continue so long as you stay away from it. or stop rewarding it by preventing the things you fear. ll learn to identify your own anxious thoughts, query those thoughts, and uncover the primary fears in play. And, paradoxically, just by seeking out and confronting things that make you anxious can you reverse the cycle that maintains your fears alive.



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Humorous, insightful, and SO very practical :-) Jennifer Shannon's superbly humorous and insightful reserve was just what We needed during a particularly anxiety-riddled family visit I experienced. The three assumptions kicked in automatically ("I must be 100% particular. I must not make errors. I am in charge of everyone happiness and safety") and I was exhausted and upset when my family finally left.. Now I have a plan for the next family-gathering: I'll maintain "Don't Feed the Monkey Mind" by my bedside and read one of the helpful tips each evening in order that I don't continue feeding my very own little mental monkey. I love this book! It does take focus on your component - but that's the point. I learn greatest when working with analogies, and the 'monkey mind' analogy flows through the book and makes perfect sense to me. I really like the book and I go back to it and back again to it again, simply for a refresh. Not only could I relate, but her method of changing your thinking was something Personally i think as though could in fact help me on a long term basis. Among an extremely few self-help books that I've in fact enjoyed reading. This is a well written book, but it is . Thank you Really great for reducing stress This book goes over the common techniques people irrationally believe that causes them stress.. This is a well written book, but it is for situational anxiety. For those who have anxiousness 24/7 (like I really do), without one result in, this will keep you a crying mess on to the floor. Makes lifestyle less stressful every day! These tools allow you to work through your anxiety. Free your Mind! This book actually helped me understand my 'devil' : my 'monkey' mind Anxiety. 'Better the devil you understand, compared to the devil you don't' A vintage Scottish saying is 'Better the devil ye ken than the devil ye don't'.I highly recommend it. An easy to check out, interesting book with exceptional ideas. This book is my new bible I've struggled with panic for 10+ years, been on medication, regular visits to a therapist and I could say that none of this provides been as effective to me as this publication. Well written and the author injects just enough personalization to make her relatable. It's also a great go through for anybody with loved ones who've anxiety, really can help you understand the struggles. The tiny illustrations are adorable too! I really found this book useful and recommend re- reading it once again to completely absorb the great information inside. Ideal for Individual or Group Study My group clients are enjoying discussing this publication together and applying it with their lives. The "Monkey Brain" analogy is very powerful in understanding why we as human beings have anxiousness and how we may take a step back and approach lifestyle with less fear. Very helpful Very helpful in understanding how to deal with anxiety Easy to read, very great approach for addressing anxiety. This book had some very nice suggestions for dealing with anxiety. The settlement that I am receiving - rest from suffering - is worth far more than any paycheck. There was also a lot of great analogy and rationale blended in, which helps me remember what to do, and when to use that advice. Very helpful book! "Free Your Mind" could be an alternate title because of this book. It provides direct tips that actually help. I have already recommended it to many friends..! This book is one of the only things, besides carrying out yoga, that has helped my anxiety. If this works for me, I could see no reason it won't work for anyone. Thank you for writing this book. You have to do the work to get some control. Highly recommend to anyone experiencing anxiety or depression.I have many monkeys to tame which book shows me personally how. I have read plenty of books on stress, anxiety, and worry, which is without a doubt among the best! Unlike the vast majority of anxiety relief methods proposed by other "experts", the techniques advocated in this publication actually work. I've struggled with anxiety most of my entire life (50 years) and have read a huge selection of books in search of "the answer" that I was convinced must exist. The approach the writer advocates in this publication is "that response". I am finally finding real

relief! If you're wondering, I am a real person which review had not been solicited. I love having a variety of stories and key pointers for making change. Great Resource for Generalized anxiety My clients love this book! You can easily prepared an d great software tips to manage generalized anxiety symptoms.. I have used the concepts in this book and reduced my stress level by a lot. Probably one of the better, if not best, self help books out there. Balanced spiritual principles and scientific approach. Must read/listen at least almost every other month! I really like the book and I get back to it and . 5 stars! Then I reread the chapters on "Purpose and Plan," "Lowering the Stakes," and "Practicing Praise" and instantly felt better.! This publication gives you concrete tools to make use of. Great book and a quick read. Jennifer Shannon was inside my head through the entire entirety of this book, I frequently caught myself saying points out loud in disbelief at just how much I could relate. And the delightful cartoons generally put a smile on my encounter :-) Thank you, Jennifer Shannon! It has helped me so much. Four Stars Great book.



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