

Managing Anxiety with CBT For Dummies

By Graham C. Davey, Kate Cavanagh, Fergal Jones, Lydia Turner, Adrian Whittington

Don't panic! Combat your worries and minimize anxiety with CBT!

Cognitive Behavioural Therapy (CBT) is a hugely popular self-help technique, which teaches you to break free from destructive or negative behaviors and make positive changes to both your thoughts and your actions. This practical guide to managing anxiety with CBT will help you understand your anxiety, identify solutions to your problems, and maintain your gains and avoid relapse.

Managing Anxiety with CBT For Dummies is a practical guide to using CBT to face your fears and overcome anxiety and persistent, irrational worries. You'll discover how to put extreme thinking into perspective and challenge negative, anxiety-inducing thoughts with a range of effective CBT techniques to help you enjoy a calmer, happier life.

- Helps you understand anxiety and how CBT can help
- Guides you in making change and setting goals
- Gives you tried-and-true CBT techniques to face your fears and keep a realistic perspective

Managing Anxiety with CBT For Dummies gives you the tools you need to overcome anxiety and expand your horizons for a healthy, balanced life.

- [Educating for Character: How Our Schools Can Teach Respect and Responsibility](#)
- [Daily Language Review, Grade 3](#)
- [100 Recipes: The Absolute Best Ways To Make The True Essentials](#)
- [Maimonides and the Book That Changed Judaism: Secrets of "The Guide for the Perplexed"](#)
- [Principles of Macroeconomics](#)
- [The Boys #1](#)
- [The Mont Reid Surgical Handbook: Mobile Medicine Series, 6e](#)
- [Introduction to Management Accounting: Ch's 1-17, Student Value Edition \(15th Edition\)](#)
- [A Grown-Up Kind of Pretty: A Novel](#)
- [Pure, White, and Deadly: How Sugar Is Killing Us and What We Can Do to Stop It](#)
- [Radical Small Group Study - DVD Kit](#)
- [Lullaby and Goodnight \(The Sutton Babies\)](#)
- [50 Classical Guitar Pieces](#)
- [Researching Language and Social Media: A Student Guide by Ruth Page \(2014-06-28\)](#)
- [Beyond Performance Management: Why, When, and How to Use 40 Tools and Best Practices for Superior Business Performance](#)
- [Chinese Health Care Secrets: A Natural Lifestyle Approach](#)
- [The Trunk Murderess: Winnie Ruth Judd](#)
- [Introductory Chemistry \(Custom edition for Rock Valley College\)](#)
- [Make Your Own Cat Toys: Saving The Planet One Cat Toy At A Time by Holly Tse \(2008-11-23\)](#)
- [The Assembly Line](#)

Managing Anxiety with CBT For Dummies Summary Details

Managing Anxiety with CBT For Dummies by By Graham C. Davey, Kate Cavanagh, Fergal Jones, Lydia Turner, Adrian Whittington ebook read online.

pdetail:

- Sales Rank: #424416 in Books
- Brand: imusti
- Published on: 2012-10-29
- Original language: English
- Number of items: 1
- Dimensions: 8.50" h x .45" w x 5.40" l, .52 pounds
- Binding: Paperback
- 180 pages

editorial:

From the Back Cover

Discover how to beat anxiety and live a happy, balanced life

Everybody experiences anxiety now and then. But for some people anxiety is like a steel trap holding them back from happiness and a rich, productive life. If you suffer from problem anxiety, this book has the solution. It lays out a simple, proven approach for getting at the sources of your anxiety and freeing yourself from its grip. You'll learn powerful Cognitive Behavioural Therapy (CBT) techniques for understanding the sources of your anxiety, identifying 'trigger' situations that lead to runaway anxiety, and replacing negative thought patterns – helping you to build a brighter, healthier future.

- ***Take the first steps on the path to change*** – find the courage to face up to your fears and anxieties and to set goals on your journey to a life free from anxiety
- ***Take control of your anxiety*** – learn powerful techniques for reprogramming your anxiety-causing patterns of thought and behaviour and replacing them with positive ones
- ***Live free and stay free*** – make important lifestyle changes that will help you maintain your mental and emotional balance and avoid falling back into the anxiety trap

Open the book and find:

- What CBT is and why it works
- How to be objective about your anxiety
- Guidelines for mapping out the causes of your anxiety
- How to face your fears and keep them in perspective
- Tips for overcoming worry and uncertainty
- Healthy lifestyle changes you can make to keep you anxiety free
- What to do if you feel yourself slipping back into the grip of anxiety

Learn to:

- Understand what anxiety is and how it can hold you back
- Prepare for change and establish goals for the future
- Face your fears and keep your worries in perspective

About the Author

Graham Davey is Professor of Psychology at the University of Sussex and Editor-in-Chief of the *Journal of Experimental Psychopathology*. **Kate Cavanagh** is a Senior Lecturer in Clinical Psychology at the University of Sussex. **Fergal Jones** is a Senior Lecturer in Clinical Psychology at Canterbury Christ Church University in Kent. **Lydia Turner** is a Consultant Psychological Therapist, and **Adrian Whittington** is a Consultant Clinical Psychologist, both based at the Sussex Partnership NHS Foundation Trust.

Managing Anxiety with CBT For Dummies by By Graham C. Davey, Kate Cavanagh, Fergal Jones, Lydia Turner, Adrian Whittington epub PDF read Online Download.

Managing Anxiety with CBT For Dummies by By Graham C. Davey, Kate Cavanagh, Fergal Jones, Lydia Turner, Adrian Whittington Reader Review Online

Don't panic! Combat your worries and minimize anxiety with CBT!

Cognitive Behavioural Therapy (CBT) is a hugely popular self-help technique, which teaches you to break free from destructive or negative behaviors and make positive changes to both your thoughts and your actions. This practical guide to managing anxiety with CBT will help you understand your anxiety, identify solutions to your problems, and maintain your gains and avoid relapse.

Managing Anxiety with CBT For Dummies is a practical guide to using CBT to face your fears and overcome anxiety and persistent, irrational worries. You'll discover how to put extreme thinking into perspective and challenge negative, anxiety-inducing thoughts with a range of effective CBT techniques to help you enjoy a calmer, happier life.

- Helps you understand anxiety and how CBT can help
- Guides you in making change and setting goals
- Gives you tried-and-true CBT techniques to face your fears and keep a realistic perspective

Managing Anxiety with CBT For Dummies gives you the tools you need to overcome anxiety and expand your horizons for a healthy, balanced life.

Managing Anxiety with CBT For Dummies by By Graham C. Davey, Kate Cavanagh, Fergal Jones, Lydia Turner, Adrian Whittington ebook PDF online