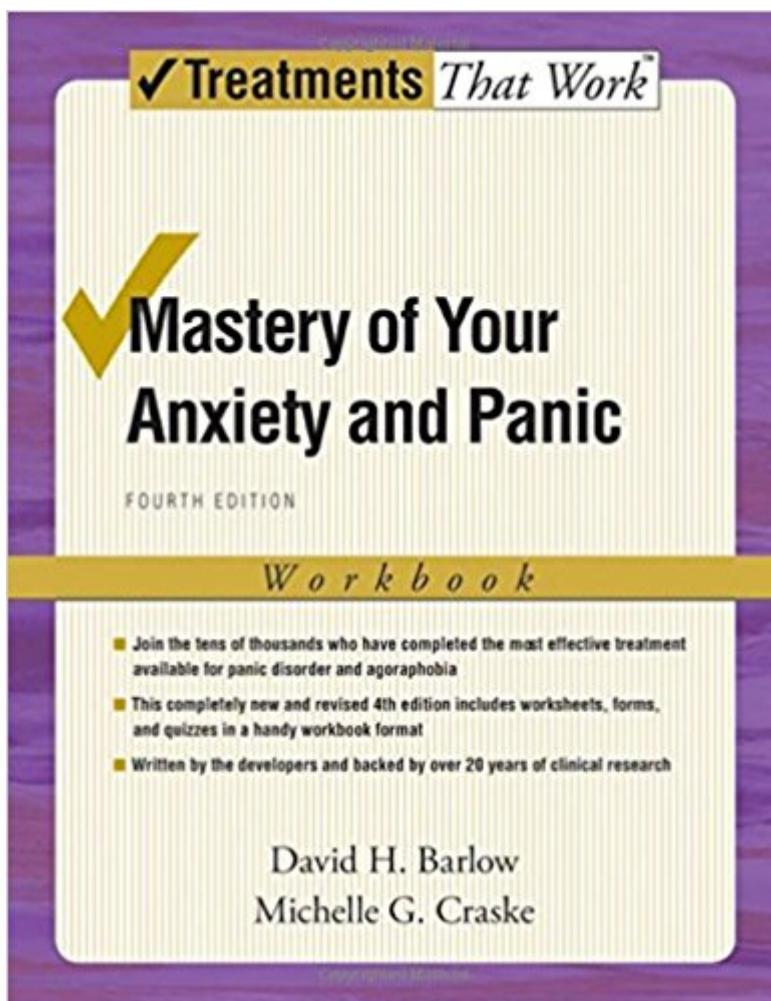


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# Mastery Of Your Anxiety And Panic: Workbook (Treatments That Work)



## Synopsis

Do you have rushes of fear accompanied by a pounding heart, trembling, dizziness, and feelings of unreality that make you think you're sick, dying, or losing your mind? Do these feelings interfere with your normal daily routine, or prevent you from doing things you would normally do? If you are prone to panic attacks and constantly worry about when the next attack may come, you may suffer from panic disorder and/or agoraphobia. Though panic disorder seems irrational and uncontrollable, it has been proven that a treatment like the one outlined in this book can help you take control of your life. Now in its 4th edition, *Mastery of Your Anxiety and Panic, Workbook* has been updated to include strategies and techniques for dealing with both panic disorder and agoraphobia. The program outlined is based on the principles of cognitive-behavioral therapy (CBT) and is organized by skill, with each chapter building on the one before it. You will learn the importance of record-keeping and monitoring your progress, as well as breathing techniques and thinking skills. The main focus of treatment involves learning how to face agoraphobic situations and the scary physical symptoms of panic from an entirely new perspective. Self-assessment quizzes, homework exercises, and interactive forms allow you to become an active participant in your treatment. Over time, you will learn to manage your panic attacks, anxiety about panic, and avoidance of panic and agoraphobic situations. This workbook is a one-of-a-kind resource that has been recommended for use by public health services around the world. It allows you to work alongside your therapist to personalize your treatment strategy and learn recovery skills that are useful for a lifetime. *Treatments That Work*™ represents the gold standard of behavioral healthcare interventions! All programs have been rigorously tested in clinical trials and are backed by years of research. A prestigious scientific advisory board, led by series Editor-In-Chief David H. Barlow, reviews and evaluates each intervention to ensure that it meets the highest standard of evidence so you can be confident that you are using the most effective treatment available to date. Our books are reliable and effective and make it easy for you to provide your clients with the best care available. Our corresponding workbooks contain psychoeducational information, forms and worksheets, and homework assignments to keep clients engaged and motivated. A companion website ([www.oup.com/us/ttw](http://www.oup.com/us/ttw)) offers downloadable clinical tools and helpful resources. Continuing Education (CE) Credits are now available on select titles in collaboration with PsychoEducational Resources, Inc. (PER)

## Book Information

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## **Customer Reviews**

Michelle G. Craske is Professor of Clinical Psychology and Director of the Anxiety Disorders Behavioral Research Program at UCLA. David H. Barlow is Professor of Psychology and Director of the Center for Anxiety Disorders at Boston University in Boston, MA.

Recommended by my therapist! After a bad car accident I developed a lot of anxiety over driving. I didn't drive for almost 3 years and then I found an amazing Cognitive Behavioral Therapist and this book. It really did help with putting my mind at ease. I'm even driving again! I would not recommend the Kindle version for most people because this is a workbook and it is intended for you to write in it, which you can not do on a Kindle.

This is a great workbook for working through anxiety and panic with minimal hand-holding. The only downside is that a lot of the work is tedious and may turn off impatient folks. But if you want results, you need to put in the work. Definitely worth it if you work through it from beginning to end.

For those who wish to use logic and learning to overcome their anxiety, with or without drugs alongside the program, this book provides concrete, useful techniques for overcoming anxiety and panic.

I bought this work book for a friend who's counselor recommended it for his Food Phobia. He kept

choking on food and the thought of dying from choking on food made him anxious. He actually had a yeast infection in his throat (as we learned months later, after he nearly starved to death). If you genuinely have anxiety or panic disorder, it's highly recommended. If you need treatment for a yeast infection in the throat- it doesn't work so great for that problem. Another friend who truly does have an anxiety disorder looked at this work book and stated it had some helpful ideas for her. The counselor recommends this book often, so if you don't want to talk to someone or pay for those visits, this work book might be an option to pursue to see if it works for you. If you do see a counselor, this work book might be a helpful addition.

I obtained all of the books in the series *Treatments that Work* authored by Dr. Barlow and colleagues. As a psychologist working at a Counseling Center that adheres to a brief model of counseling, I have found these resources to be extremely helpful. The structure of these books in both the therapist guide and the patient's manual are excellent resources for counselors and psychologists working at counseling centers. I typically see students with anxiety disorders and use the patient's manuals, for example, for students to read on the nature of anxiety. The logs included in the manuals are very user friendly, practical, and helpful to students. The language is definitely understandable for this population. The Panic Control Therapy based on Dr. Barlow's approach has been proven over and over with positive outcomes in students who accessed our services on the verge of leaving school because their anxiety symptoms were negatively affecting their ability to function. I have used these evidence-based approaches quite successfully and I highly recommend that counseling centers have these resources in their libraries as reference and essential components of their treatment approach for anxiety in student populations. More specifically, if a semester typically consists of fifteen weeks, his manuals are structured to be followed for approximately 13 to 17 weeks. I have closely structured the counseling for anxiety disorders following his suggestions and the beginning of treatment, duration, and termination flow has consistently worked. Similarly, the student satisfaction surveys have consistently favored this approach. Recently, Dr. Barlow and his colleagues put out a video that illustrates some of the main concepts on anxiety treatment and I have successfully used this multimedia material with counseling center trainees. I recommend obtaining both, the books and the video.

Package delivered as promised. Pleased with product.

I recommended this book to several of my patients. It is well grounded in CBT, and has simple and

useful charts and short homework at the end of each chapter. It is easy to read by a novice in CBT. The size is rather large, and not easily put into a bag. otherwise, it is a fine addition to therapy or stand alone for a panicky person.

Excellent book, very helpful and practical for management of anxiety.

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Mastery of Your Anxiety and Panic: Workbook (Treatments That Work) Anxiety: Anxiety Cure Secrets: 10 Proven Ways To Reduce Anxiety & Stress Rapidly (BONUS- 30minute Anxiety Coaching Session- Anxiety Cure, Become Free, 10 simple ways) Mastery of Your Anxiety and Worry: Workbook (Treatments That Work) The Dialectical Behavior Therapy Skills Workbook for Anxiety: Breaking Free from Worry, Panic, PTSD, and Other Anxiety Symptoms (A New Harbinger Self-Help Workbook) CBT Worksheets for Teenage Social Anxiety: A CBT workbook to help you record your progress using CBT for social anxiety. This workbook is full of ... CBT therapy and CBT books on social anxiety. The Pregnancy and Postpartum Anxiety Workbook: Practical Skills to Help You Overcome Anxiety, Worry, Panic Attacks, Obsessions, and Compulsions Separation Anxiety: A Parent's Guide for Dealing with a Child's Separation Anxiety ~ ( Separation Anxiety Disorder | Separation Anxiety in Children or Toddlers ) Anxiety: Rewire Your Brain to Overcome Anxiety, Stop Panic Attacks and Relieve Stress (Mindfulness Book 2) Anxiety: Rewire Your Brain Using Neuroscience to Beat Anxiety, Fear, Worry, Shyness and Panic Attacks The Panic Workbook for Teens: Breaking the Cycle of Fear, Worry, and Panic Attacks (An Instant Help Book for Teens) Panic Attacks Workbook: A Guided Program for Beating the Panic Trick 101 Ways to Conquer Teen Anxiety: Simple Tips, Techniques and Strategies for Overcoming Anxiety, Worry and Panic Attacks Stop Anxiety from Stopping You: The Breakthrough Program For Conquering Panic and Social Anxiety Panic Stations Guide To Statement Analysis: Are they lying to you? (Panic Stations Guide to Life the Universe and Everything Book 14) Managing Tourette Syndrome: A Behavioral Intervention Workbook, Parent Workbook (Treatments That Work) 1st (first) Edition by Woods, Douglas W., Piacentini, John, Chang, Susanna, Deckers published by Oxford University Press, USA (2008) Calming Your Anxious Mind: How Mindfulness and Compassion Can Free You from Anxiety, Fear, and Panic Free Your Mind: A Guide to Freedom from Anxiety, Depression, Panic Attacks and Intrusive Thoughts Rewire Your Anxious Brain: How to Use the Neuroscience of Fear to End Anxiety, Panic, and Worry When Panic Attacks: The New, Drug-Free Anxiety Therapy That Can Change Your Life The Mindfulness and Acceptance Workbook for Anxiety: A Guide to Breaking Free from Anxiety, Phobias, and Worry Using Acceptance and Commitment Therapy

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