



## **The Anxiety Workbook: A 7-Week Plan to Overcome Anxiety, Stop Worrying, and End Panic**

*Arlin Cuncic*

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"This book offers an engaging, lucid, and practical road map for understanding and taking charge of one's own anxiety." ?**Steven Gans MD, Assistant Professor of Psychiatry, Harvard Medical School**

The persistent burden of anxiety, stress, and depression is debilitating and often feels unavoidable. However, armed with the right tools you can identify the sources of your anxiety and take a proactive, step-by-step approach to find relief. Arlin Cuncic, longtime mental health writer and social anxiety expert, whose blog *Healthline* named one of the 'Best Anxiety Blogs of the Year' provides a step-by-step, 7-week program to take control of anxiety. *The Anxiety Workbook* is an anxiety workbook filled with practical advice and in-depth strategies proven to conquer everyday anxiety.

An actionable plan to defeat anxiety, *The Anxiety Workbook* includes:

**A 7-Week Program** for overcoming anxiety, reducing worry, and ending panic **Helpful Tools** including checklists, guidelines, and activities to help you understand your anxiety and set action-oriented goals to address it **An Essential Overview** covering the basics of anxiety and how Cognitive Behavioral Therapy approaches it

"There are so many books out there that claim to help you understand and manage your anxiety. What makes this one different? It is accessible and straightforward, and offers motivation to complete the work of healing." ?**Tatiana Zdyb Ph.D., M.A., Clinical Psychology**

## **The Anxiety Workbook: A 7-Week Plan to Overcome Anxiety, Stop Worrying, and End Panic Details**

Date : Published September 12th 2017 by Althea Press

ISBN :

Author : Arlin Cuncic

Format : Kindle Edition 228 pages

Genre : Self Help, Nonfiction, Health, Mental Health, Personal Development, Psychology



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## **From Reader Review The Anxiety Workbook: A 7-Week Plan to Overcome Anxiety, Stop Worrying, and End Panic for online ebook**

### **Jules says**

I don't suffer from anxiety, but a bunch of my friends do. This book was part of a bundle, and I wondered if it could help me support them better. The intro chapters on the different kinds of anxiety were very interesting for me, but I can't really vouch for the efficacy of the workbook.

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### **Nicole Roth says**

For some reason, I've always supported therapy for others but couldn't see it as an option for myself. But when I saw this book on sale on BookBub, I thought "why not?" I'm glad I picked it up! There's a lot of great information in here about identifying and living with your anxiety. Also, the author asks you to think deeply about your anxiety (what thoughts trigger it, how it manifests physically, etc), which is painful but helpful. I agree with reviews on here that say that the Kindle version is hard to use, but I'm giving this four stars because it is approachable and it really helped me work against the cycles of anxiety that I've been living in for a while. I recommend this book for people who have anxiety but don't know where to start in terms of getting help. The resources in the back also include more anti-anxiety titles and links for finding a CBT therapist. Great information all around!

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### **toral says**

**Anxiety situations described are exactly as in real life.....cures are good and easy.....must read this book**

Anxiety situations described are exactly as in real life.....cures are good and easy.....must read this book...highly recommended for all people facing anxiety

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### **Lisa Eirene says**

Pretty good, would be better as a paper/work book instead of reading it on kindle so you can do the worksheets.

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### **Talia Colley says**

I didn't believe that anxiety was anything more than people worrying too much until I started having panic attacks a couple years ago. This book was so helpful in identifying the different types of anxiety, what causes them, and how to help yourself work through them. I have already started using some of the suggestions and I feel like a weight has been lifted off my shoulders. Excellent book!

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**Priya says**

It is a decent introduction to CBT. If you don't know anything about the therapy, this will help you get started.

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**Johan says**

Got this book via a Humble Bundle. Read it out of curiosity for CBT. It is a typical self-help book of the type a dime a dozen. Too superficial, too smooth and when the author claims it is evidence based and she recommends acupuncture and vitamin C (based on a study with 43 participants) you can't help but to take everything with a pinch of salt.

This must be the only Humble Bundle that I really regret buying.

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