[PDF] The Anxiety And Worry Workbook: The Cognitive Behavioral Solution

David A. Clark PhD, Aaron T. Beck MD - pdf download free book

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The Guilford Press
72 Spring Street
New York, NY 10012
www.guilford.com

ISBN 978-1-60623-918-6

ABOUT THE AUTHORS:

David A. Clark, PhD, is Professor of Psychology at the University of New Brunswick, Canada, where he also has had a private practice for 25 years. Dr. Clark is a widely recognized authority on cognitive behavior therapy for anxiety and depression and is the author of numerous books, including *Overcoming Obsessive Thoughts*. He is a Fellow of the Canadian Psychological Association and Founding Fellow of the Academy of Cognitive Therapy.

Aaron T. Beck, MD, is University Professor Emeritus of Psychiatry at the University of Pennsylvania School of Medicine and President of the Beck Institute for Cognitive Behavior Therapy. A world-renowned researcher, educator, and practicing psychiatrist, Dr. Beck is the founder of cognitive therapy. He has been honored with numerous awards, including the Lasker Award for Clinical Medical Research and research awards from both the American Psychiatric Association and the American Psychological Association.

Together, Drs. Clark and Beck are the authors of a related professional book, *Cognitive Therapy of Anxiety Disorders*, also published by Guilford.

Books Details:
Title: The Anxiety and Worry Workboo
Author: David A. Clark PhD, Aaron T.
Released:
Language:
Pages: 294
ISBN: 160623918X
ISBN13: 9781606239186
ASIN: 160623918X

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Description:

If you're seeking lasting relief from out-of-control anxiety, this is the book for you. It is grounded in cognitive behavior therapy, the proven treatment approach developed and tested over more than 25

years by pioneering clinician-researcher Aaron T. Beck. Now Dr. Beck and fellow cognitive therapy expert David A. Clark put the tools and techniques of cognitive behavior therapy at your fingertips in this compassionate guide. Carefully crafted worksheets (you can download and print additional copies as needed), exercises, and examples reflect the authors' decades of experience helping people just like you. Learn practical strategies for identifying your anxiety triggers, challenging the thoughts and beliefs that lead to distress, safely facing the situations you fear, and truly loosening anxiety's grip--one manageable step at a time.

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