



The Cognitive Behavioral Workbook for Anxiety: A Step-by-Step Program

By William J. Knaus

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When anxious feelings spiral out of control, they can drain your energy and prevent you from living the life you want. If you're ready to stop letting your anxiety have the upper hand, **The Cognitive Behavioral Workbook for Anxiety** can help. This workbook offers a step-by-step program you can use, on your own or with a therapist, to end anxiety and get back to living a rich and productive life.

With this book, you'll develop a personal plan using techniques from rational emotive behavior therapy (REBT) and cognitive behavioral therapy (CBT), powerful treatment methods proven to be even more effective in the long term than anxiety medication. You'll learn to recognize your anxiety triggers, develop skills to stop anxious thoughts before they get out of control, and stop needless fears from coming back.

The powerful tools in this book will help you:

- Silence the irrational thoughts that trigger anxiety
- Create a personal plan to overcome excessive fears and worries
- Stop expecting perfection from yourself and start feeling confident
- Calm yourself when panic takes hold
- Defeat depression and other conditions that often occur with anxiety
- Build self-esteem
- Track your symptoms and maintain your progress

This book has received the prestigious accolade of being included in *The Albert Ellis Tribute Book Series*—created to honor the life and work of Albert Ellis, the founder of rational emotive behavioral therapy (REBT). REBT is one of the most widely-practiced therapies throughout the world and is the foundation for cognitive-behavioral therapy and other evidence-based approaches. These books provide proven-effective treatments and tools to improve psychological well-being, while also supporting advancements in psychotherapy for the betterment of humanity.

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Editorial Review

Review

“Bill Knaus has hit the bullseye! From a horde of scientific studies and his own extensive experience, he has distilled an accessible, easily assimilated, pragmatic, and schematic approach to dealing with 'parasite' anxieties. Readers can work through this program in small bites to gradually advance their control over their destructive anxieties.”

—Joseph Gerstein, MD, FACP, Harvard Medical School

From the Publisher

In **The Cognitive Behavioral Workbook for Anxiety**, noted expert psychologist William Knaus reprises his monumental Cognitive Behavioral Workbook for Depression in this major self-help work on anxiety that offers a powerful blend of techniques for dealing with worry, fear, panic, and social anxiety.

About the Author

William J. Knaus, Ed.D., is a licensed psychologist with more than forty years of clinical experience in working with people suffering from anxiety and depression. He is author of many books, including *The Cognitive Behavioral Workbook for Depression* and *The Procrastination Workbook*.

Foreword writer **Jon Carlson, Psy.D., Ed.D., ABPP**, is professor of psychology and counseling at Governors State University in University Park, IL, and author of twenty-five books.

Users Review

From reader reviews:

Herbert Beckley:

As people who live in typically the modest era should be up-date about what going on or facts even knowledge to make these individuals keep up with the era and that is always change and move ahead. Some of you maybe will probably update themselves by reading books. It is a good choice for yourself but the problems coming to you actually is you don't know which one you should start with. This *The Cognitive Behavioral Workbook for Anxiety: A Step-by-Step Program* is our recommendation so you keep up with the world. Why, because this book serves what you want and need in this era.

John Charles:

Information is provisions for individuals to get better life, information today can get by anyone from everywhere. The information can be a know-how or any news even restricted. What people must be consider whenever those information which is inside former life are difficult to be find than now could be taking

seriously which one would work to believe or which one the particular resource are convinced. If you obtain the unstable resource then you understand it as your main information we will see huge disadvantage for you. All of those possibilities will not happen inside you if you take The Cognitive Behavioral Workbook for Anxiety: A Step-by-Step Program as the daily resource information.

Mae Bushee:

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