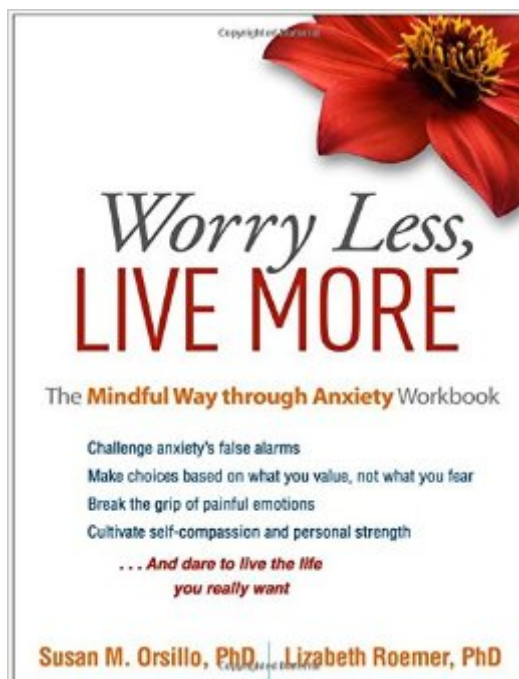


The book was found

Worry Less, Live More: The Mindful Way Through Anxiety Workbook



Synopsis

Do you ever feel like you want more from your life--but get scared or overwhelmed by the idea of making changes? For many, worry, fear, or negativity are stumbling blocks that can be extraordinarily difficult to overcome. This effective workbook provides a blueprint to help you move through painful emotions without being ruled by them. Vivid stories of others who have struggled with anxiety are accompanied by meditation and acceptance practices and step-by-step exercises that build self-knowledge and self-compassion (you can download and print additional copies of the worksheets as needed). Armed with a deeper understanding of what you really value, you can break free of the common traps that leave people feeling stuck--and dare to live the life you really want. Audio downloads of the mindfulness practices, narrated by the authors, are provided at www.guilford.com/orsillo2-materials. See also the authors' *Mindful Way through Anxiety*, which explains mindfulness techniques in greater detail. *Worry Less, Live More* can be used on its own or as the perfect way to expand on and enhance the lessons of the first book using a step-by-step approach.

Book Information

Paperback: 276 pages

Publisher: The Guilford Press; Workbook ed. edition (June 2, 2016)

Language: English

ISBN-10: 1462525458

ISBN-13: 978-1462525454

Product Dimensions: 8 x 0.6 x 10.5 inches

Shipping Weight: 1.5 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (3 customer reviews)

Best Sellers Rank: #87,794 in Books (See Top 100 in Books) #48 in [Books > Textbooks >](#)

[Medicine & Health Sciences > Medicine > Clinical > Mental Health](#) #101 in [Books > Self-Help >](#)

[Anxieties & Phobias](#) #132 in [Books > Health, Fitness & Dieting > Mental Health > Anxiety](#)

[Disorders](#)

Customer Reviews

This is a wonderfully written, incredibly relatable, stand alone reader, or companion to the authors' "A Mindful Way Through Anxiety." As a clinical psychologist, I have assigned this workbook to my clients to supplement our therapy. This has been especially helpful over the summer months because, as clients travel, I have been able to assign them reading and activities from this workbook

in-between our sessions. The authors of this text are so attuned to the human experience of worry and anxiety. Each page anticipates the next valid emotion, the next "what if" thought, and then provides easy to understand suggestions and skills for living a life in the face of anxiety and worry. One of the most unique aspects of this workbook, is its attention to diversity and multiple identities. The authors do this skillfully and seamlessly- from the names of the characters/clients in the vignettes, to the use of gender neutral pronouns. Also, the authors attention to discrimination and other oppressive events as contextual factors present in the lives of individuals who experience chronic worry is noteworthy. Clients, therapists, and all individuals looking to live an optimal life will benefit greatly from this book. We know from in-person psychotherapy that the therapeutic alliance accounts for a large proportion of individuals' improvement. Well, readers of this book will experience a similar result. They will be able to see themselves in the writing and they will feel connected with the authors because they will feel the authors' authentic and genuine care and commitment to helping others and to helping those whose voices and names have not been used in these types of texts.

Worry Less, Live More is a brilliant and accessible workbook helpful for all mental health professionals in their work with clients and anyone who wants to better understand their internal experiences and work towards living a life consistent with what matters to them. The rich information and skills are brought to life with vivid and diverse examples, and take away messages and exercises help to engage the reader. As a clinical psychology doctoral student and therapist I have found the sections on values and common traps especially helpful. Helping ourselves and our clients identify what matters is a complex process, and this book provides a clear explanation of common traps that arise with excellent examples of how to navigate these traps. Another major strength is the emphasis on context throughout, and the ways that different aspects of identity, and experiences with discrimination and marginalization can impact lives. This book has already been helpful to me in my clinical work and I'm very grateful to have it on my bookshelf. I highly recommend this workbook to any mental health professional or anyone who wants to work to identify what matters to them and take action in line with those values!

Great book to help with anxiety

[Download to continue reading...](#)

Worry Less, Live More: The Mindful Way through Anxiety Workbook The Mindful Way through Anxiety: Break Free from Chronic Worry and Reclaim Your Life The Pregnancy and Postpartum

Anxiety Workbook: Practical Skills to Help You Overcome Anxiety, Worry, Panic Attacks, Obsessions, and Compulsions
The Anxiety Workbook for Teens: Activities to Help You Deal with Anxiety and Worry
The Anxiety Workbook for Teens: Activities to Help You Deal with Anxiety and Worry (Instant Help Solutions)
"Do Not Worry, Do Not Be Anxious, Do Not Be Afraid": A Self-Help Manual for People Who Worry a Lot and Suffer Anxiety and Fear
Mindfulness for Teen Anxiety: A Workbook for Overcoming Anxiety at Home, at School, and Everywhere Else (Teen Instant Help)
What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety (What to Do Guides for Kids)
The Anxiety Survival Guide for Teens: CBT Skills to Overcome Fear, Worry, and Panic (The Instant Help Solutions Series)
Anxiety Relief: - Relax the Body- Calm the Mind- Manage Fear and Worry- Cultivate Positive Energy
The Five Keys to Mindful Communication: Using Deep Listening and Mindful Speech to Strengthen Relationships, Heal Conflicts, and Accomplish Your Goals
Savor: Mindful Eating, Mindful Life Stage
Fright and Performance Anxiety: An Essential Guide to Staying Calm and Focused Under Pressure - (How to Overcome Stage Fright and Performance Anxiety)
The Cognitive Behavioral Workbook for Menopause: A Step-by-Step Program for Overcoming Hot Flashes, Mood Swings, Insomnia, Anxiety, Depression, and Other Symptoms (New Harbinger Self-Help Workbook)
The Mindful Way Through Depression: Freeing Yourself from Chronic Unhappiness
The Tapping Solution for Weight Loss & Body Confidence: A Woman's Guide to Stressing Less, Weighing Less, and Loving More
The Panic Workbook for Teens: Breaking the Cycle of Fear, Worry, and Panic Attacks
The Minimalist Budget: A Practical Guide On How To Save Money, Spend Less And Live More With A Minimalist Lifestyle
The Tiny House Lifestyle: Live More with Less
Tiny House, Peaceful Life: Live More with Less

[Dmca](#)