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Amazon.com: The Anxiety, Worry & Depression Workbook: 65 ...

I created this mini-workbook for anyone who wants to feel more calm and grounded in their daily life so they can rise up into their soul's purpose! I really hope it helps and empowers you to take control of your anxiety and discover some new ways to see it. What's in the workbook? In this four page workbook, you'll find worksheets on: 1.

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Overview. It's hard to fight back against anxiety, worry and depression ... and it's even harder to face and overcome those fears by yourself. That's why anxiety expert Jennifer Abel, PhD, has compiled an interactive workbook that will help you tame anxiety, worry and depression. Backed with science and over 25 years of clinical experience, this easy-to-use guide is full of practical, proven worksheets, self-monitoring forms, exercises and scripts for you to start changing your habits ...

The Anxiety, Worry & Depression Workbook: 65 Exercises ...

The Coping with Anxiety Workbook contains assessments and guided self-exploration activities that can be used with a variety of populations to help participants cope more effectively with the various forms of anxiety. Each chapter of this workbook begins with an annotated Table of Contents with notes and examples for the facilitator. Each

Coping with Anxiety Introduction Coping with Anxiety workbook

Abstract. Written by renowned therapists, this Workbook includes all the information patients need to learn the appropriate skills to combat anxiety and worry. For use in conjunction with supervised therapy, this online guide helps patients become an active participant in treatment. It includes user-friendly devices to help overcome excessive worry, such as self-assessment quizzes, homework exercises, and case studies of individuals experiencing the same issues.

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