



The Generalized Anxiety Disorder Workbook: A Comprehensive CBT Guide for Coping with Uncertainty, Worry, and Fear (New Harbinger Self-Help Workbooks)

Melisa Robichaud PhD, Michel J. Dugas PhD

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***The Generalized Anxiety Disorder Workbook* offers a powerful, comprehensive new approach to treating generalized anxiety disorder (GAD).**

If you have GAD, you may experience excessive and uncontrollable worry about daily life events, including your finances, family, health, future, and even minor concerns like traffic, work, or household issues. You aren't alone. GAD is one of the most commonly diagnosed mental health issues facing our society today. Unfortunately, this chronic condition can cause such excessive worrying that it can be difficult to live your life—and can even manifest in a number of physical symptoms, including sleep and concentration problems, fatigue, irritability, and feelings of restlessness. So, how can you take charge of your anxiety before it takes over your life?

Based in cognitive behavioral therapy (CBT), this book provides real, proven-effective solutions. Written by three renowned anxiety experts, the book offers practical exercises and strategies to help soothe your worst worries, fears, and panic. The book focuses on what most often leads you to worry—the fear of uncertainty. In a nutshell, people with GAD worry as a way of mentally planning and preparing for any outcome that life throws their way. With this book, you'll learn to stop seeing uncertainty as threatening—which will in turn, reduce your anxiety and instill a sense of calm.

If you're ready to stop letting your worries get the better of you, this easy-to-use workbook will help you—one step at a time.

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