



# **The Mindfulness and Acceptance Workbook for Anxiety: A Guide to Breaking Free From Anxiety, Phobias, and Worry Using Acceptance and Commitment Therapy**

*John P. Forsyth PhD, Georg H. Eifert PhD*

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**Stop avoiding anxiety and start showing up to your life! Now in its second edition, *The Mindfulness and Acceptance Workbook for Anxiety*—which has sold more than 125,000 copies worldwide—offers new, step-by-step skills based in acceptance and commitment therapy (ACT) to help you get started today. This edition features new chapters on trauma, self-as-context, and painful pasts.**

Do you try to control your worry, fear, and panic, only to fail and end up feeling frustrated and powerless? Unfortunately, you cannot simply “turn off” anxious thoughts and feelings like a light switch. But there *are* ways you can take back your life and stop avoiding the things that cause you anxiety. This book has one purpose: to help you live better, more fully, and more richly. Your life is calling on you to make that choice, and the skills in this workbook can help you make it happen.

This fully revised and updated second edition offers compelling new ACT exercises to help you finally conquer your anxiety. You’ll learn how your mind can trap you, keeping you stuck and struggling in anxiety and fear. You’ll also discover ways to nurture your capacity for acceptance, mindfulness, kindness, and compassion, and use these qualities to shift your focus away from anxiety and onto what you really want your life to be about. Finally, you’ll learn how to let go of the trauma and painful past experiences that can fuel your anxiety.

No matter what kind of anxiety problem you're struggling with, this workbook can guide you toward a more vibrant and purposeful life.

*This book has been awarded The Association for Behavioral and Cognitive Therapies Self-Help Seal of Merit — an award bestowed on outstanding self-help books that are consistent with cognitive behavioral therapy (CBT) principles and that incorporate scientifically tested strategies for overcoming mental health difficulties. Used alone or in conjunction with therapy, our books offer powerful tools readers can use to jump-start changes in their lives.*

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