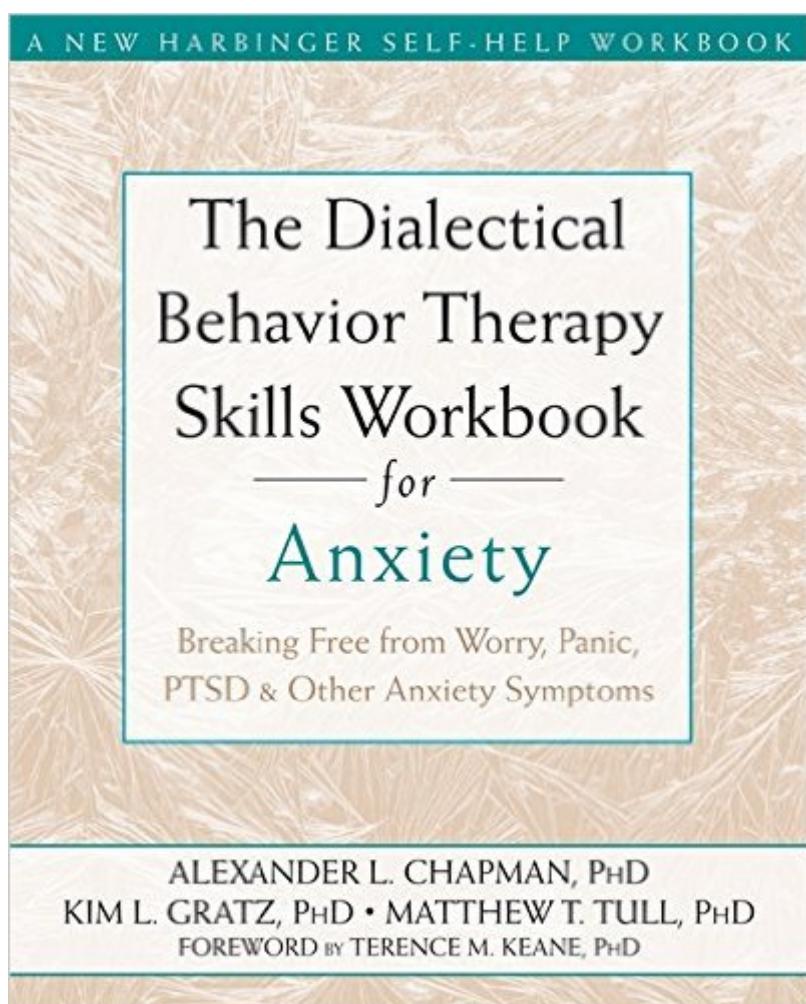


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# The Dialectical Behavior Therapy Skills Workbook For Anxiety: Breaking Free From Worry, Panic, PTSD, And Other Anxiety Symptoms



## **Synopsis**

If you have an anxiety disorder or experience anxiety symptoms that interfere with your day-to-day life, you can benefit from learning four simple skills that therapists use with their clients. These easy-to-learn skills are at the heart of dialectical behavior therapy (DBT), a cutting-edge therapeutic approach that can help you better manage the panic attacks, worries, and fears that limit your life and keep you feeling stuck. This book will help you learn these four powerful skills: Mindfulness helps you connect with the present moment and notice passing thoughts and feelings without being ruled by them. Acceptance skills foster self-compassion and a nonjudgmental stance toward your emotions and worries. Interpersonal effectiveness skills help you assert your needs in order to build more fulfilling relationships with others. Emotion regulation skills help you manage anxiety and fear before they get out of control. In *The Dialectical Behavior Therapy Skills Workbook for Anxiety*, you'll learn how to use each of these skills to manage your anxiety, worry, and stress. By combining simple, straightforward instruction in the use of these skills with a variety of practical exercises, this workbook will help you overcome your anxiety and move forward in your life.

## **Book Information**

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## **Customer Reviews**

This book has helped me in so many ways, I can't thank the authors enough for writing it. It has changed my life and kept me from seriously harmful behaviors. My psychiatrist has also been highly impressed with this book. The text is very candid, for which I've been very grateful. They don't sugar coat and dance around issues and wording. They come right out and say what is needed. While

working through this workbook, I have been able to write a short synopsis which I keep in my purse. This way, when faced with difficult situations and people I can excuse myself and quickly review my distress tolerance skills, my distraction plan, my self-soothing strategies, my safe-place visualizations and more ways that I can cope instead of harming myself or blowing a circuit. This book has helped to reduce the intense emotional waves I experience and has helped me to keep my balance. If I can help anyone who has self-harm behaviors - or even anger issues, depression, anxiety issues - by writing this review, please buy this book and put the ideas into practice. It could save your life. It has saved me from a lot of pain.

I decreased my klonopin by 1/2 to 2 mg / day after applying the skills in this book for over a month. I had a friend who was hospitalized recently at Mayo Clinic in Rochester and they had group meetings on topics included in this book. Very rewarding...read only that which is pertinent to you may I suggest..so you don't 'catch' a fear you hadn't thought about before :P

This book is an easy read and interesting. It's like having a therapy session whenever you need it. The book is full of mindful techniques to manage anxiety. It also goes into the background of many anxiety conditions. I've used many of the techniques to help relieve anxiety in stressful situations. DBT is a segway into Buddhism, which teaches how to cope with suffering, I've also noticed it used in spiritual practices with Deepak Chopra.

This is an easy to use book with educational info and helpful exercises. I am just starting to use it. However I have used the The Dialectical Behavior Therapy Skills Workbook by McKay, Wood, and Brantley for a while and it has been great!

I am still reading this book, but have been involved in a DBT skills group for six months. I have really gained a lot of knowledge and skills from both and really recommend this treatment modality.

Great to guide patients in their healing process. Easy to use. Even if you know nothing about DBT, it will help you.

I have gotten about halfway through this book so far, and while I think it might be helpful for some people I haven't really found it helpful for me. Seems to just be saying a lot of stuff I already know. Maybe the second half will be different, but I'm having a hard time making myself pick it back up.

If you are struggling with negative emotions read this book. It needs to be read slowly and thoughtfully. I highlighted a lot, then skim back through it to tie thoughts together. This will help you overcome bad things that have happened to you and focus on the life you have now.

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