



# The 10 Best-Ever Anxiety Management Techniques Workbook

*Margaret Wehrenberg*

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A much-anticipated companion to the popular book on how to understand, manage, and conquer your stress.

Brimming with exercises, worksheets, tips, and tools, this how-to workbook is the much-anticipated companion to Wehrenberg's popular *The 10 Best-Ever Anxiety Management Techniques*. Expanding on those top 10 anxiety-busting techniques, the workbook demonstrates exactly how to put them to work to understand, manage, and conquer your stress.

From panic disorders, generalized anxiety, and social anxiety, to everyday worry and stress, manifestations of anxiety are among the most common and pervasive mental health complaints. Whether you suffer from sweaty palms during a work presentation, persistent rumination, or even agoraphobia, anxiety can be debilitating. But thanks to a flood of supporting brain research, effective, practical strategies have emerged that allow us to manage day-to-day anxiety on our own.

In this workbook, Wehrenberg walks us through a valuable collection of them, showing just how physical, emotional, and behavioral symptoms can be alleviated with targeted training. Step-by-step exercises on developing and implementing counter-cognitions, mindfulness meditation, thought-stopping and thought-replacement, "breathing minutes," demand delays, cued relaxation, affirmations, and much more are presented—all guaranteed to soothe your anxious thoughts.

The accompanying audio CD features an array of calming, author-guided exercises including targeted breath work, muscle relaxation, mindfulness, and much more.

### **Praise for Margaret Wehrenberg's books:**

"[A] thoughtful book that provides immediate help for people suffering from depression. I highly recommend it." —Daniel G. Amen, MD, Author of *Change Your Brain, Change Your Life*

"[O]ffers the key to unlocking the complex biochemistry of your brain, and reversing you anxiety-inducing habits. Dr. Wehrenberg has done the work to create the right learning environment and organize the needed tools. Follow her lead and your body and mind will thank you with the peace and quiet you deserve." —Reid

Wilson, PhD, Author of *Don't Panic: Taking Control of Anxiety Attacks*

“[A] well-researched book with clearly-written brain science for the non-scientist. Its life-changing, self-motivating techniques, many of which can be practiced outside the treatment room, will benefit anyone who suffers from depression and everyone who treats them. The appendix of practices alone is worth the price!”

—Amy Weintraub, Author of *Yoga Skills for Therapists* and *Yoga for Depression*

“In steps that are both clear and scaled for easily attainable victories, Wehrenberg extends a hand to those with the recourse of clinical therapy.” —*Booklist*

“Any practitioner who works with anxious clients will want to have this comprehensive book.” —*The Psychologist*

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