



Anxiety & Depression Workbook For Dummies

By Elaine Iljon Foreman, Charles H. Elliot, Laura L. Smith

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Anxiety and depression affect over 10% of the population. They can become debilitating conditions if not managed carefully so there are thousands of people looking for advice on how to keep their symptoms under control. *Anxiety & Depression Workbook For Dummies* provides readers with practical exercises and worksheets to help them analyse their thinking patterns and overcome the issues that are holding them back. The workbook format is ideal for those wanting to track their progress and make positive changes to both their mental and physical health.

Anxiety & Depression Workbook For Dummies, UK Edition covers:

Part I: Recognising and Recording Anxiety and Depression

- Chapter 1: Spotting the Signs of Anxiety and Depression
- Chapter 2: Digging Up the Roots of Your Worries
- Chapter 3: Overcoming Obstacles to Change
- Chapter 4: Monitoring Your Moods

Part II: Understanding Your Thinking: Cognitive Therapy

- Chapter 5: Viewing Things A Different Way
- Chapter 6: Challenging and Changing Thoughts
- Chapter 7: Seeing Clearly: Gaining A New Perspective
- Chapter 8: Maintaining Awareness and Achieving Acceptance

Part III: Taking Action: Behaviour Therapy

- Chapter 9: Facing Feelings: Avoiding Avoidance
- Chapter 10: Lifting Your Spirits With Exercise
- Chapter 11: Taking Pleasure from Leisure
- Chapter 12: Just Do It! – Tackling Life's Problems

Part IV: Feeling It Where It Hurts: Healing the Body

- Chapter 13: Taking the Relaxation Route
- Chapter 14: Making Your Mind Up About Medication

Part V: Revitalising Relationships

Chapter 15: Working on Relationships

Chapter 16: Smoothing Out Conflict

Part VI: Life Beyond Anxiety and Depression

Chapter 17: Reducing the Risk of Relapse

Chapter 18: Promoting The Positive

Part VII: The Part of Tens

Chapter 19: Ten Helpful Resources

Chapter 20: Ten Terrific Tips

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Editorial Review

From the Back Cover

Anxiety and depression affect one in five people in the UK; if you're one of them, this essential toolkit is a key step along your road to recovery.

The straightforward worksheets enable you to monitor your feelings on a daily basis and the hands-on exercises offer no-nonsense techniques to improve your long-term outlook. Covering everything from assessing your current situation to overcoming obstacles to change and tackling negative thinking, this empowering workbook helps you take control and stay on top.

About the Author

Elaine Iljon Foreman, MSc, is a clinical psychologist and an Associate Fellow of the British Psychological Society. Charles H Elliott, PhD, and Laura L Smith, PhD, are clinical psychologists.

Users Review

From reader reviews:

Jonathan Head:

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Brian Kelley:

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