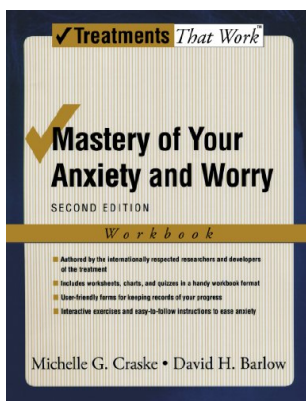


[PDF] Mastery Of Your Anxiety And Worry: Workbook (Treatments That Work)

Michelle G. Craske, David H. Barlow - pdf download free book



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Description:

Individuals who suffer from Generalized Anxiety Disorder know that it can be extremely impairing, causing chronic tension, fatigue, irritability and difficulties sleeping. The most effective treatment for this disorder is a program based on principles of cognitive-behavioral therapy.

Written by the developers of an empirically supported and effective CBT therapy program for treating GAD, this workbook includes all the information necessary for a client to learn the appropriate skills to combat their excessive worry. When used in conjunction with the corresponding therapist guide, this book provides a complete treatment package with a proven success rate.

Through the use of this workbook, clients will become active participants in their supervised treatment. This revised edition includes new elements such as a listing of goals for each session chapter, as well as more detailed lists of homework assignments. *Mastery of Your Anxiety and Worry, Workbook, 2e* is a one-of-a-kind resource that allows clients to work alongside their therapist to personalize their treatment strategy and overcome their GAD.

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 - A companion website (www.oup.com/us/ttw) offers downloadable clinical tools and helpful resources
 - Continuing Education (CE) Credits are now available on select titles in collaboration with PsychoEducational Resources, Inc. (PER)
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