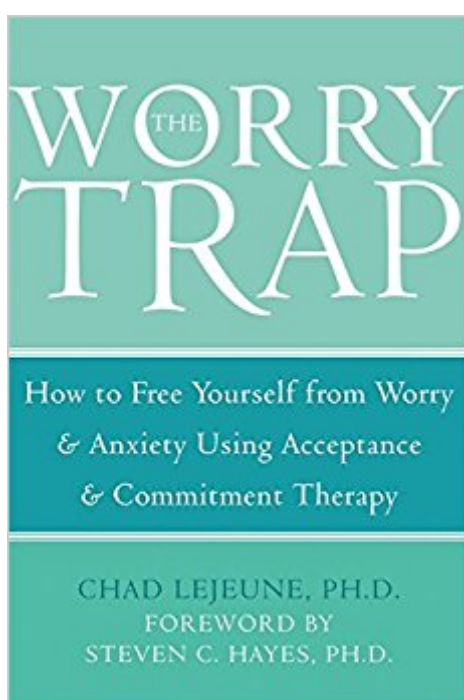


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# The Worry Trap: How To Free Yourself From Worry & Anxiety Using Acceptance And Commitment Therapy



## Synopsis

Do You Worry All the Time? Have you tried to control your thoughts and get your worrying under control? Did it work? If it didn't, try this simple exercise: Take thirty seconds, right here and now, and don't think about something you recently worried about. Think about anything and everything else, but don't think about that worry. How did you do? Like most of us, you probably could think of little else except whatever it was you worried about, no matter how hard you tried. This is the problem with trying to control your thoughts: Your attempts to stop worrying very often lead you to repeat and refresh the very worries you're trying to dispel. Acceptance and commitment therapy (ACT), a revolutionary new approach to resolving a wide range of psychological problems, can help you break the cycle of chronic worry. ACT stresses letting go of your attempts to avoid, change, and get rid of worry. Instead, it shows you how to accept your feelings as they occur, without judgment. You'll learn to de-fuse from your worries, observing and then letting them go. Then you'll explore and commit to acting on your values, thereby creating a rich life for yourself—even with the occasional worry. Pragmatic, straightforward help from an astute and expert clinician; the author draws on cutting-edge research findings to help those who suffer from the age-old problem of worry.

-Jacqueline B. Persons, Ph.D., director of the San Francisco Bay Area Center for Cognitive Therapy and associate clinical professor in the Department of Psychology at the University of California, Berkeley

This should be a welcome and helpful book for anyone whose life is disrupted by worry. LeJeune offers a practical and informative approach for dealing with worry that places it squarely in the larger and wondrous context of one's whole life! The easy-to-follow mindfulness methods and acceptance practices open the door for real transformation to any reader who actually does them.

-Jeffrey Brantley, MD, director of the Mindfulness-Based Stress Reduction Program at Duke University's Center for Integrative Medicine and author of *Calming Your Anxious Mind*

## Book Information

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## Customer Reviews

Grounded in the powerful new acceptance and commitment therapy (ACT), this book will help you get relief from chronic worry and even generalized anxiety disorder (GAD) by learning to stop controlling your feelings and avoiding life and to start living it in a way that really matters to you.

Bought this book for a friend that suffers from anxiety and they said its the best book ever. It gave them a new outlook; a different way of viewing the world. It would not be an overstatement to claim that this book literally saved their life. That's how strongly they felt about it. If you suffer from anxiety, make the small investment and purchase this book. I don't think you will regret it at all.

Suggested by a psychiatrist as an alternative to usual anxiety treatment (breathing, muscle relaxation, etc.). You have to concentrate and focus as you read. Not for casual reading and a bit tedious. The ideas are good but require thinking and active exercises to complete and implement. I haven't finished yet, so more to follow. The overall idea is that instead of fighting anxiety-producing thoughts, one should just accept them as part of life and move on. I was surprised to find out that these concepts date back to 1999.

The book doesn't spout a lot of useless platitudes; instead, it dispenses common sense about the pointless nature of worry -- how doing so is absolutely non-productive. Highly recommended for anyone who's ever struggled with anxiety, panic, depression or maybe all of them combined somehow. And this is coming from a reviewer who usually despises "self-help" books. I'm very glad I read it.

Very good read. I would highly recommend for anyone dealing with anxiety or anyone who tends to worry needlessly. This book was very helpful and was very clearly (and well) written.

There are hundreds of books on dealing with anxiety. This book actually offers many accessible and effective exercises and techniques for dealing with, and lessening anxiety. Aside from being

well-written, it is engaging, and offers very generous and wise metaphors, ideas, insights - and of course, exercises that bring on relief. Highly recommended.

An excellent book for people who are bothered by anxiety and depression. Highly practical and insightful! Not just a mindfulness approach, but a real how-to that is quite empowering. I use its suggestions all the time and they immediately help me.

This book is extremely helpful for people with general anxiety. It helps you to know that your thoughts are not weird, they are just a byproduct of the anxiety.

Very useful book. I recommend it to my psychotherapy clients a lot and they find it engaging and useful.

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