



Anxiety & Depression Workbook For Dummies

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

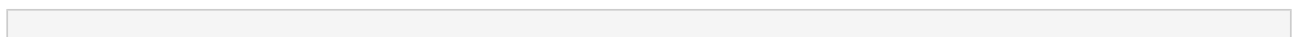
- Chapter 15: Working on Relationships
- Chapter 16: Smoothing Out Conflict

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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Regina Laporte:

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Martin McDaniel:

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Mary Fox:

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