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Mindfulness & Acceptance
Workbook for Anxiety

SECOND EDITION

A Guide to Breaking Free from Anxiety, Phobias &
Worry Using Acceptance & Commitment Therapy



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PROGRAM TO HELP YOU:

- Let go of struggles that keep you stuck
- Cultivate peace of mind
- Accept what is & do what works
- Gain freedom from fear
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JOHN P. FORSYTH, PhD | GEORG H. EIFERT, PhD

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Is anxiety and fear a problem for you? Have you tried to win the war with your anxious mind and body, only to end up feeling frustrated, powerless, and stuck? If so, you're not alone. But there is a way forward, a path into genuine happiness, and a way back into living the kind of life you so desperately want. This workbook will help you get started on this new journey today!

Now in its second edition, *The Mindfulness and Acceptance Workbook for Anxiety* offers a new approach to your anxiety, fears, and your life. Within its pages, you'll find a powerful and tested set of tools and strategies to help you gain freedom from fear, trauma, worry, and all the many manifestations of anxiety and fear. The book offers an empowering approach to help you create the kind of life you so desperately want to live.

Based on a revolutionary approach to psychological health and wellness called acceptance and commitment therapy (ACT), this fully revised and updated second edition offers compelling new exercises to help you create the conditions for your own genuine happiness and peace of mind. You'll learn how your mind can trap you, keeping you stuck and struggling in anxiety and fear. You'll also discover ways to nurture your capacity for acceptance, mindfulness, kindness, and compassion, and use these qualities to weaken the power of anxiety and fear so that you can gain the space do what truly matters to you. Now is the time.

Nobody chooses anxiety. And there is no healthy way to "turn off" anxious thoughts and feelings like a light switch. But you can learn to break free from the shackles of anxiety and fear and take back your life. The purpose of this workbook is to help you do just that. Your life is calling on you to make that choice, and the skills in this workbook can help you make it happen. You can live better, more fully, and more richly with or without anxiety and fear. This book will show you the way.

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Recent studies support for the effectiveness of ACT-based self-help workbooks as a low-cost treatment for people experiencing anxiety. (Ritzert, T., Forsyth, J. P., Berghoff, C. R., Boswell, J., & Eifert, G. H. (2016). Evaluating the effectiveness of ACT for anxiety disorders in a self-help context: Outcomes from a randomized wait-list controlled trial. *Behavior Therapy*, 47, 431-572.)

This book has been awarded The Association for Behavioral and Cognitive Therapies Self-Help Seal of Merit — an award bestowed on outstanding self-help books that are consistent with cognitive behavioral therapy (CBT) principles and that incorporate scientifically tested strategies for overcoming mental health difficulties. Used alone or in conjunction with therapy, our books offer powerful tools readers can use to jump-start changes in their lives.

The Mindfulness and Acceptance Workbook for Anxiety: A Guide to Breaking Free from Anxiety, Phobias, and Worry Using Acceptance and Commitment Therapy Details

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From Reader Review The Mindfulness and Acceptance Workbook for Anxiety: A Guide to Breaking Free from Anxiety, Phobias, and Worry Using Acceptance and Commitment Therapy for online ebook

Mary Overton says

Buddhism-lite pop-psychology for straight people. A useful introduction for people whose only reality is rigid dualism ... where dark feelings/passions/thoughts/actions/events are projected onto the Devil and then mercilessly smote.

My interest in Acceptance and Commitment Therapy (ACT) led me to this workbook which seems to be Neuro-Linguistic Programming (NLP) updated with the latest buzzword, mindfulness. I appreciate this read for getting me inside the mind-set of Creationists and Trump supporters. No joke. It helps me understand and even have compassion for them.

Nick Stengel says

It's a fascinating re-orientation of psychology toward a Buddhist philosophy. The main idea of the book is that struggling against irrational fears causes one to justify them. By gaining some mental space between your fears and any actions you take, it is possible to live with them in peace. Very counter-intuitive to some mainstream writings, but very cool ideas.

Bridgett says

I hated this book and did not find it useful at all.

Lisa says

I have never, ever been so excited to give something a one-star review.

I read this book from start to finish because my therapist recommended it. Here's what the book says: if you just accept your anxieties instead of trying to fight them all the time, you'll feel much better!! You just need to totally zen out!!!

I am not saying there's not wisdom there. BUT IT DOESN'T TAKE A WHOLE BOOK TO COMMUNICATE THAT SENTENCE! Basically, the first third of the book is just selling the book to you -- why this is so great and helpful and revolutionary. The second two thirds are just repeating that sentence... over and over and over and over ad nauseam in a million ways, some of which were seriously insulting to the reader's intelligence. For example, picture your worries, anxieties and fears (WAFs) as monsters! And watch those monsters ride away on a school bus! Can't picture it?? Don't worry, there are cartoon illustrations. (I'm

not even kidding.)

I love my therapist, but really. She owes me a few free sessions for making me read this.

Darrel says

I have been a psychologist for 36 years. I am also the founder of The Secular Therapy Project - www.seculartherapy.org. I read this book last year (2016) and immediately began recommending it for my clients and others. It is a true workbook. If you follow the simple exercises over a few months, I am sure you will find the practices both helpful and life changing. The research behind this is solid - no New Age or religious BS, just good basic mindfulness.

Karen Terry says

So far, so good. I am only just starting this book, and already it is helping me. I have been fighting and trying to change anxious behavior since I was a child and nothing has helped much. This makes more sense to me. Make peace with it and carry on. It rather reminds me of the children's book, 'Theres a Monster in My Closet'. But this comes with useful tools to help you integrate a new way of thinking about your worries, anxieties and fears into your daily life. I will do a full review when I am finished.

Mary says

Good book that helps you deal with anxiety and panic. Many exercises and techniques to help ease and understand your anxiety and it just might help you in many other areas of your life. Also included, are printable exercise sheets that come in quite handy, downloadable from the publishers website. Very nice touch. I received this book as a Goodreads Giveaway.

Desiree Wills Velazco says

Overall decent book, but pretty repetitive. I liked a lot of the thoughts behind it for the most part though. Great concept.

Shannon Breen says

I bought this book because I'm a compulsive worrier and have some chronic low-level anxiety. Much of the first half or so of this book is information and exercises to show how all the things you've done to manage your anxiety in the past haven't worked and have made things worse. Problem for me is I haven't really done any of the types of things they describe. They profile folks who won't drive or won't go to certain places or won't get on airplanes. None of my problems are this extreme. I'm constantly worried, but I go ahead and do what I need to do anyway. As a result, this book was only mildly helpful to me. Some of the exercises in the

second half could be useful when the nasty images start invading my mind, but overall the book was written for people with much more crippling issues. My second problem with this book is the main premise seems to be to just accept what is. Sounds good, but I can see someone with really serious anxiety issues, PTSD, and the like having trouble just accepting the stuff that is flying through their heads.

Ally Schaan says

The meditation exercises and various other exercises are pretty great.

Mia says

I used this book in my weekly therapy sessions and it was extremely helpful. It's a completely different approach to anxiety that simply MAKES SENSE! I highly recommend finding a therapist who is familiar with Acceptance Commitment Therapy and using this book if you struggle with anxiety.

Keri says

I really like using ACT with clients and I think some of the worksheets and meditations provided in this workbook will be useful. That said, I find the use of acronyms overwhelming, and aside from one take away, I feel they are widely abused and corny (WAC).

Labyrinth says

I was attracted to the word Mindfulness in the title, and some of the principles are there. However, the book's ACT methodology is actually hurtful, unlike any fully dedicated mindfulness or Buddhist text I've ever read about dealing with depression & anxiety. The first half of the book is determined to convincing you that your old way is wrong, ACT is the only way, and worse, there's a whole chapter that forces you to face the "costs of anxiety," guaranteed to provoke a panic attack. I myself, and anyone I have met who suffers from an anxiety disorder, am already keenly aware of the irrational nature of many of the "rules" we have to follow in order to manage our anxiety, or WAFs, as the book calls them. There was no need to make me list the "costs" objectively & make me curl into a ball, sick, for 2 days. The book also has the irritating habit of mentioning what other people think about you several times. It makes it very clear that your behavior is WRONG. Then all the stuff about compassion is shoved in a few chapters at the back, which I skimmed, but self-compassion should have been emphasized from the start. Bottom line, ACT might be inspired by mindfulness, but it's not mindful practice. It's Acceptance & Commitment Therapy. Go get thee a book like Pema Chodron's No Time to Lose or something of the sort... Pass on this.

Deanna says

This was a workbook that my daughter used in combination with other things in order to help with her

anxiety. A doctor asked her to take it home and have a look at it and see if it interested her at all. I noticed right away that my daughter was reading it quite often.

I decided to buy her one of her own. This way she could write in it (instead of using other paper), highlight what she wanted and so on. There was no pressure, she worked on it whenever she felt like it. She shared with me if she wanted, sometimes asked me to do some of the pages and she felt it really helped her.

She had mentioned that I should write a review for it. I asked her if it was okay if I talked about how it helped her and she said yes.

My daughter is sixteen and has struggled with anxiety since a very young age. She hated being away from home and had a lot of anxiety about school. She started having frequent stomachaches which led to absences from school and trying to figure out what was wrong. She seemed to be worried about everything. There were other factors (divorce, death in the family, some family issues with addiction etc.) that would make anyone anxious. But I could see that we needed to keep working on it, that it wasn't just going to go away.

I feel the combination of CBT (cognitive behavioral therapy), other counseling, and working on things like this book really helped. I'm not saying that this book was responsible for the improvements but it really did help. Her anxiety is not gone completely (and may never be) but a lot has improved.

An example would that when we moved into our new apartment last year there was a lot of anxiety over the elevators. She would not use them. She would walk the six flights up and down every day. I felt so awful for her, I could see how it terrified her. But I didn't push, it wouldn't have worked and would have just ended up making things worse. I did talk to her about safety and showed her how it is maintained often, that if on the off chance it did stop that she would be fine. But I didn't go on and on. My mother was also super supportive during this time (of both of us). Eventually as she worked on the book (and other things), she would get on going up but not down. Then she was getting on it about half as much as I was. Then after a few weeks she was using it every day but she had to be holding her cell phone. And after about 2 months she was much less anxious about it and using it every day. Now she will even get on it by herself. She accepted that she might always be a little anxious about it but she didn't want to let it control her.

I honestly feel like the book helped her. She completed it but keeps it handy and continues to write in a diary of sorts she calls "Things I got through today".

Mindfulness:

"a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique."

When I asked her to explain it to me she said "I'm learning how to feel my anxiety without letting it get out of control. I may not ever be rid of it entirely, but that is okay. I can feel worried, or anxious but if I don't over react after a while it will get less intense".

She said she really liked the worksheets in this book and that reading it helped her understand a lot more about anxiety in general.

I did see that there were a few low ratings for this book. I think different things work for different people. Maybe two years ago it wouldn't have helped so much. The fact that she does like to research things and loves to read helped.

I think it's a combination of things that helped her, but this book was definitely a great tool.

Lisa Wright says

Ugh! What can I say? A whole workbook that is basically about mindfulness, which I have never been able to "get". In a nutshell, the book tells you to accept your anxiety, depression, whatever, and continue to live a good life according to your values. That's it. No...really. If this type of thing works for you, then great. It really didn't help me.
