



The CBT Anxiety Solution Workbook: A Breakthrough Treatment for Overcoming Fear, Worry, and Panic

Matthew McKay PhD, Michelle Skeen PsyD, Patrick Fanning

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You are stronger than your anxiety! In this important workbook, best-selling authors Matthew McKay, Patrick Fanning, and Michelle Skeen offer a breakthrough anxiety solution based in cognitive behavioral therapy (CBT) to help you understand and overcome your fears and worries, rather than try to avoid them.

If you suffer from an anxiety disorder, you may try to avoid situations that cause you to feel worry, fear, or panic. You may even believe that terrible things will happen to you if you face the things that make you anxious. But avoidance isn't a long-term solution, and in the end it may result in *more* anxiety. This book shows you how the simple belief that you can endure your worries and fears—both mentally and physically—can be an extremely powerful treatment.

Using a breakthrough approach combining proven-effective CBT and exposure therapy, this workbook helps you understand how worry and rumination drive anxiety, and offers practical exercises to help you adopt new habits of observing your thoughts, rather than accepting them as the “ultimate truth.” You'll also develop mindfulness and self-soothing coping skills to help you manage anxiety in the moment, rather than avoid it. Over time these practices will show you that you are more powerful than your anxiety.

If you've been stuck in a cycle of anxiety and avoidance, this workbook will help you make the changes you need to get your life back.

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