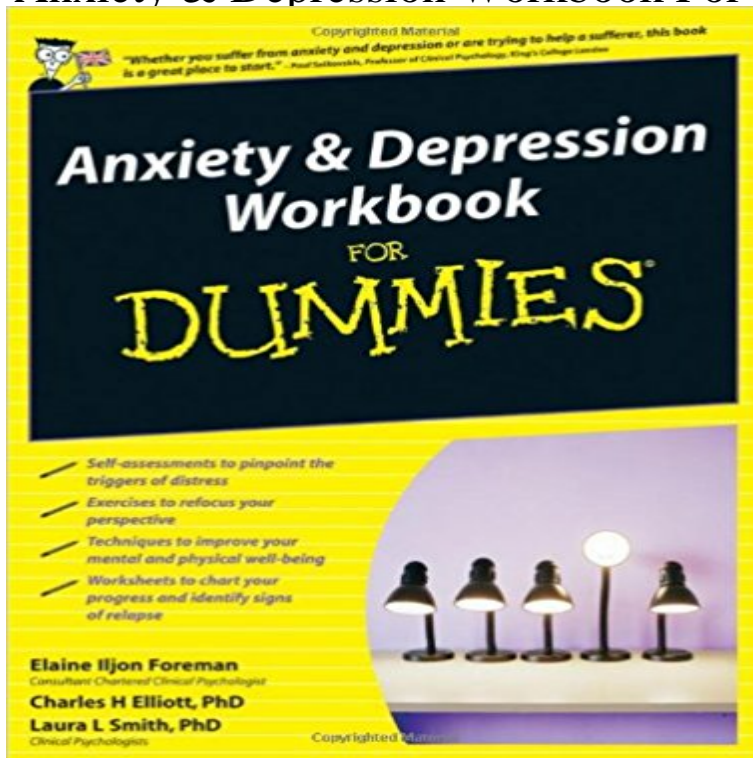


Anxiety & Depression Workbook For Dummies



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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