

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

By John P. Forsyth, Georg H. Eifert

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Attempts to manage your thoughts or get rid of worry, fear, and panic can leave you feeling frustrated and powerless. But you can take back your life from anxiety without controlling anxious thoughts and feelings. You can stop avoiding anxiety and start showing up to your life. **The Mindfulness & Acceptance Workbook for Anxiety** will get you started, using a revolutionary new approach called acceptance and commitment therapy, or ACT.

The book has one purpose: to help you live better, more fully, more richly. Your life is calling on you to make that choice, and the skills in this workbook can help you make it happen. Find out how your mind can trap you, keeping you stuck and struggling in anxiety and fear. Learn to nurture your capacity for acceptance, mindfulness, kindness, and compassion. Use these qualities to shift your focus away from anxiety and onto what you really want your life to be about. As you do, your life will get bigger as your anxious suffering gets smaller. No matter what kind of anxiety problem you're struggling with, this workbook can guide you toward a more vibrant and purposeful life. Includes a CD with bonus worksheets, self-assessments, and guided mindfulness meditations.

*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.*

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## **Editorial Review**

### Review

**The Mindfulness and Acceptance Workbook for Anxiety** combines the accumulated wisdom of the ages with up-to-date, cutting-edge developments in scientific psychology. In an easy-to-read and fun format, those suffering from anxiety in all of its guises will find the keys to breaking loose from its shackles. By emphasizing acceptance of toxic emotions (and illustrating ways to accomplish this), rather than struggling to overcome them, the person inside you may finally emerge to set your life on a new, productive, and valued course. Highly recommended for all those struggling with worry, anxiety, and fear.

—David H. Barlow, PhD, professor of psychology and psychiatry at Boston University and author of *Anxiety and Its Disorders*

Ably surfing the dual currents of traditional exposure and acceptance-based treatments for anxiety, the authors of this resourceful workbook illustrate the synergies to be found in their combination. Carefully structured charts and patient assignments support the core message that taking action to face one's fears is most effective if acceptance informs our starting point and values determine our destination. This book is a "must-read" for anyone encountering anxiety as a barrier to leading a fuller life.

—Zindel Segal, PhD, Morgan Firestone Chair in Psychotherapy, head of the Cognitive Behaviour Therapy Unit at the Centre for Addiction and Mental Health, and professor in the Departments of Psychiatry and Psychology, all at the University of Toronto, and author of *The Mindful Way Through Depression*

If you suffer with anxiety, Forsyth and Eifert have given you a gift. It is not a structured manual for how to get over your anxiety as much as it is a book of wisdom. They raise the inevitable truth that anxiety is a part of all of us, and they show us the way, through willingness, compassion, mindfulness, and acceptance of ourselves and others, to live a life worth the living, to understand our important values and to live in concert with them. This is a book well worth the reading, and its message is worth keeping close to your heart.

—Richard G. Heimberg, PhD, professor of psychology and director of the Adult Anxiety Clinic of Temple University

Steeped in the rich tradition of psychological theory, **The Mindfulness and Acceptance Workbook for Anxiety** by Forsyth and Eifert represents a major advance for the practical treatment of anxiety and related conditions. This book will assist clinicians and patients in constructing a treatment plan that insures progress in overcoming the many obstacles associated with conquering fears. A major contribution to clinical care, this workbook will contribute to the growing knowledge base on acceptance and commitment therapy, joining other evidence-based approaches as a major tool for treating the disabling symptoms that accompany

anxiety.

—Terence M. Keane, PhD, chief of psychology service at the VA Boston Healthcare System, director of the Behavioral Science Division of the National Center for PTSD, and professor and vice-chair for research of the Division of Psychiatry at Boston University School of Medicine

In this impressive workbook, Forsyth and Eifert show how giving up your attempts to control anxiety and fear will help you to leave your anxiety problems behind and get on with your life. This clearly written book is packed with helpful suggestions. I will definitely use it with my own clients and students, and I recommend it highly for anyone who struggles with anxiety.

—Martin M. Antony, PhD, ABPP, professor and director of graduate training in the Department of Psychology at Ryerson University in Toronto, ON, Canada

*This book presents a framework to orient you toward the rest of your life. You will be taken on a journey. Go. To uncouple from your anxious reactions to life, you will need to alter your consciousness. No small task! It takes a student's mind and a willingness to be coached. Fortunately, you will find these authors to be trustworthy and competent guides.*

—Reid Wilson, PhD, author of *Don't Panic*

#### From the Publisher

Building on the success of their book for professionals, leaders in the field of acceptance and commitment therapy (ACT) John Forsyth and Georg Eifert present this exciting and innovative ACT workbook to general readers. It is the first self-help workbook to adapt the revolutionary techniques of ACT into a powerful program readers can use to overcome any of the anxiety disorders.

#### About the Author

John P. Forsyth, Ph.D., is a scientist, writer, and licensed clinical psychologist in Upstate New York. He has traveled the world giving talks and workshops to the public and professionals about the benefits of mindful acceptance, kindness and compassion, and how to live a valued life using a new approach to psychological health and wellness called Acceptance and Commitment Therapy (ACT). He is Associate Professor of Psychology, Director of the Doctoral Training Program in Clinical Psychology, and Director of the Anxiety Disorders Research Program at the University at Albany, State University of New York.

He has published many articles about how excessive struggle with unpleasant thoughts and emotions feeds human suffering, and what mindfulness and acceptance can offer as a solution. He has been doing basic and applied work related to anxiety disorders and ACT for well over a decade. He is a clinical fellow of the Behavior Therapy and Research Society, serves on the editorial boards of several leading journals, and is associate editor of the *Journal of Behavior Therapy and Experimental Psychiatry*. He is coauthor of **Acceptance and Commitment Therapy for Anxiety Disorders: A Practitioner's Treatment Guide to Using Mindfulness, Acceptance, and Values-Based Behavior Change Strategies**, **ACT on Life, Not on Anger: The New Acceptance and Commitment Therapy for Problem Anger** and **The Mindfulness and Acceptance Workbook for Anxiety: Break Free from Anxiety, Phobias, and Worry Using Acceptance and Commitment Therapy** (New Harbinger), published in Jan. 2008. His work has helped foster growing

international interest in acceptance and mindfulness approaches in psychology, mental health care, medicine, and society.

Visit his blog: <http://mindfulness-and-anxiety.blogspot.com>.

Georg H. Eifert, Ph.D., is professor and chair of the department of psychology at Chapman University in Orange, CA. He was ranked among the top thirty researchers in behavior analysis and therapy in the 1990s, and he has authored over 100 publications on psychological causes and treatments of anxiety and other emotional disorders. He is a clinical fellow of the Behavior Therapy and Research Society, a member of numerous national and international psychological associations, and he serves on several editorial boards of leading clinical psychology journals. He is also a licensed clinical psychologist. He is coauthor of **Acceptance and Commitment Therapy for Anxiety Disorders** and **ACT on Life, Not on Anger**.

## **Users Review**

### **From reader reviews:**

#### **Blair Chappell:**

Book is to be different for each grade. Book for children until eventually adult are different content. As we know that book is very important for us. The book *The Mindfulness and Acceptance Workbook for Anxiety: A Guide to Breaking Free from Anxiety, Phobias, and Worry Using Acceptance and Commitment Therapy* seemed to be making you to know about other know-how and of course you can take more information. It is quite advantages for you. The book *The Mindfulness and Acceptance Workbook for Anxiety: A Guide to Breaking Free from Anxiety, Phobias, and Worry Using Acceptance and Commitment Therapy* is not only giving you far more new information but also to be your friend when you really feel bored. You can spend your own spend time to read your publication. Try to make relationship while using book *The Mindfulness and Acceptance Workbook for Anxiety: A Guide to Breaking Free from Anxiety, Phobias, and Worry Using Acceptance and Commitment Therapy*. You never really feel lose out for everything in the event you read some books.

#### **Julie Tice:**

Reading can called mind hangout, why? Because if you find yourself reading a book mainly book entitled *The Mindfulness and Acceptance Workbook for Anxiety: A Guide to Breaking Free from Anxiety, Phobias, and Worry Using Acceptance and Commitment Therapy* your brain will drift away trough every dimension, wandering in each aspect that maybe unidentified for but surely can become your mind friends. Imaging every word written in a e-book then become one type conclusion and explanation in which maybe you never get prior to. The *The Mindfulness and Acceptance Workbook for Anxiety: A Guide to Breaking Free from Anxiety, Phobias, and Worry Using Acceptance and Commitment Therapy* giving you another experience more than blown away your head but also giving you useful facts for your better life in this era. So now let us explain to you the relaxing pattern here is your body and mind are going to be pleased when you are finished reading it, like winning a game. Do you want to try this extraordinary wasting spare time activity?

**Lillie Rose:**

Is it you who having spare time after that spend it whole day by simply watching television programs or just resting on the bed? Do you need something totally new? This The Mindfulness and Acceptance Workbook for Anxiety: A Guide to Breaking Free from Anxiety, Phobias, and Worry Using Acceptance and Commitment Therapy can be the respond to, oh how comes? The new book you know. You are consequently out of date, spending your time by reading in this new era is common not a geek activity. So what these ebooks have than the others?

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