



THE EXERCISES IN THE BOOK, YOU WILL START TO FIND THAT YOU'LL SOON FIND YOURSELF FEELING MORE PEACEFUL, CALM, CONFIDENT. YOU WILL ALSO START TO DEVELOP THE COURAGE TO TACKLE THE UNCOMFORTABLE TASKS AND SOCIAL SITUATIONS THAT YOU'VE BEEN AVOIDING, AND ALSO TAKING ACTION ON THE THINGS THAT YOU'VE WANTED TO DO BUT BEEN TOO ANXIOUS TO TRY. THE EXERCISES ARE PRACTICAL & EFFECTIVE.

Overcoming Perfectionism ROZ SHAFRAN 2018-05-10 How to break the circle of 'never good enough' STRIVING FOR SOMETHING CAN BE A HEALTHY AND POSITIVE ATTRIBUTE; IT'S GOOD TO AIM HIGH. BUT SOMETIMES WHATEVER WE DO JUST ISN'T GOOD ENOUGH; WE WANT TO BE TOO PERFECT AND START SETTING UNREALISTIC GOALS. SUCH HIGH LEVELS OF PERFECTIONISM, OFTEN DRIVEN BY LOW SELF-ESTEEM, CAN TURN AGAINST SUCCESS AND DEVELOP INTO UNHEALTHY OBSESSION, TRIGGERING SERIOUS MENTAL-HEALTH PROBLEMS, SUCH AS ANXIETY, DEPRESSION AND EATING DISORDERS. COGNITIVE BEHAVIOURAL THERAPY (CBT), ON WHICH THIS SELF-HELP BOOK IS BASED, HAS BEEN FOUND TO BE A HIGHLY EFFECTIVE TREATMENT AND PROVIDES RELIEF FROM THAT DISABLING SENSE OF NOT BEING GOOD ENOUGH. IN THIS ESSENTIAL SELF-HELP GUIDE, YOU WILL LEARN: - HOW CLINICAL PERFECTIONISM MANIFESTS ITSELF - EFFECTIVE COPING STRATEGIES WITH INVALUABLE GUIDANCE ON HOW TO AVOID FUTURE RELAPSE OVERCOMING SELF-HELP GUIDES USE CLINICALLY-PROVEN TECHNIQUES TO TREAT LONG-STANDING AND DISABLING CONDITIONS, BOTH PSYCHOLOGICAL AND PHYSICAL. MANY GUIDES IN THE OVERCOMING SERIES ARE RECOMMENDED UNDER THE READING WELL BOOKS ON PRESCRIPTION SCHEME. SERIES EDITOR: PROFESSOR PETER COOPER

Overcoming Anger and Irritability, 2nd Edition WILLIAM DAVIES 2016-10-06 CONSTANT IRRITABILITY OR FLASHES OF BAD TEMPER CAN CAUSE DIFFICULTIES IN RELATIONSHIPS WITH FRIENDS, FAMILY OR COLLEAGUES AND LEAVE US FEELING UNHAPPY AND EXHAUSTED. THIS FULLY UPDATED AND REVISED EDITION OF WILLIAM DAVIES' BESTSELLING TITLE IS FOR ANYONE STRUGGLING TO CONTROL THEIR RAGE AND REGRETTING INAPPROPRIATE REACTIONS. IT EXPLAINS CLEARLY WHAT PROVOKES ANGER AND WHAT WE CAN DO TO PREVENT IT. TECHNIQUES BASED ON COGNITIVE BEHAVIOURAL THERAPY (CBT) OFFER A POSITIVE APPROACH WITH LONG-TERM GOALS IN MIND AND SHOW HOW YOU CAN STAY COOL AND SUCCESSFULLY HANDLE SITUATIONS THAT WOULD TAX EVEN THE MOST EASY-GOING PERSON. OVERCOMING SELF-HELP GUIDES USE CLINICALLY-PROVEN TECHNIQUES TO TREAT LONG-STANDING AND DISABLING CONDITIONS, BOTH PSYCHOLOGICAL AND PHYSICAL. READING WELL THIS BOOK IS RECOMMENDED BY THE NATIONAL READING WELL BOOKS ON PRESCRIPTION SCHEME FOR ENGLAND DELIVERED BY THE READING AGENCY AND THE SOCIETY OF CHIEF LIBRARIANS WITH FUNDING FROM ARTS COUNCIL ENGLAND AND WELLCOME. WWW.READING-WELL.ORG.UK

Overcoming Health Anxiety 2nd Edition ROB WILLSON 2022-10-27 HOW YOU CAN STOP WORRYING ABOUT YOUR HEALTH AND ENJOY LIFE 'THIS BOOK NOT ONLY HELPS SUFFERERS TO BETTER UNDERSTAND THE NATURE OF THE PROBLEM, BUT ALSO PROVIDES THEM WITH THE SKILLS NECESSARY TO OVERCOME IT AND TO REGAIN QUALITY OF LIFE' PROFESSOR PAUL SALKOVSKIS, PROFESSOR OF EXPERIMENTAL PSYCHOLOGY, UNIVERSITY OF OXFORD MANY OF US HAVE A TENDENCY TO WORRY UNNECESSARILY ABOUT OUR HEALTH. FOR SOME THE ANXIETY BECOMES SEVERE AND

PERSISTENT. THIS CAN INVOLVE SPENDING MANY HOURS CHECKING FOR SYMPTOMS, SEEKING REASSURANCE FROM OTHERS, SURFING THE INTERNET FOR INFORMATION ABOUT DIFFERENT DISEASES, OR REPEATEDLY VISITING THE DOCTOR. IT IS DISTRESSING FOR THEM AND FOR EVERYONE AROUND THEM. IN FACT, HEALTH ANXIETY CAN BE VERY SUCCESSFULLY TREATED WITH COGNITIVE BEHAVIOURAL THERAPY (CBT) - THE APPROACH TAKEN IN THIS SELF-HELP GUIDE. USING A STRUCTURED, STEP-BY-STEP APPROACH THE AUTHORS EXPLAIN HOW THE PROBLEM DEVELOPS, HOW TO RECOGNISE WHAT FEELS IT AND HOW TO DEVELOP EFFECTIVE METHODS OF DEALING WITH IT. THIS BOOK INCLUDES: - QUESTIONNAIRES, CASE STUDIES AND EXERCISES - CHAPTERS ON FEAR OF DEATH AND ON MEDICATION OVERCOMING SELF-HELP GUIDES USE CLINICALLY PROVEN TECHNIQUES TO TREAT LONG-STANDING AND DISABLING CONDITIONS, BOTH PSYCHOLOGICAL AND PHYSICAL. READING WELL THIS BOOK IS RECOMMENDED BY THE NATIONAL READING WELL SCHEME FOR ENGLAND AND WALES DELIVERED BY THE READING AGENCY AND THE SOCIETY OF CHIEF LIBRARIANS WITH FUNDING FROM ARTS COUNCIL ENGLAND AND WELLCOME. WWW.READING-WELL.ORG.UK SERIES EDITOR: MERITUS PROFESSOR PETER COOPER

Helping Your Child with Fears and Worries 2nd Edition CATHY CRESWELL 2019-04-11 PREVIOUSLY PUBLISHED AS OVERCOMING YOUR CHILD'S FEARS AND WORRIES DOES YOUR CHILD SUFFER FROM FEARS AND WORRIES THAT AFFECT THEIR BEHAVIOUR OR KEEP THEM AWAKE AT NIGHT? FEARS AND WORRIES ARE VERY COMMON AMONG CHILDREN WITH AROUND 15% THOUGHT TO SUFFER FROM ANXIETY DISORDERS; THE MOST COMMONLY IDENTIFIED EMOTIONAL OR BEHAVIOURAL PROBLEMS AMONG CHILDREN. HOWEVER, IF LEFT UNCHECKED, THEY CAN CAUSE MORE SERIOUS PROBLEMS SUCH AS SCHOOL AVOIDANCE, DIFFICULTIES IN MAKING FRIENDS AND LONG-TERM PROBLEMS WITH ANXIETY AND DEPRESSION. WRITTEN BY TWO OF THE UK'S FOREMOST EXPERTS ON CHILDHOOD ANXIETY, THIS EXTREMELY USEFUL GUIDE WILL ENABLE YOU TO UNDERSTAND WHAT IS CAUSING YOUR CHILD'S WORRIES AND TO CARRY OUT STEP-BY-STEP PRACTICAL STRATEGIES TO HELP HIM OR HER TO OVERCOME THEM, INCLUDING: - ADDRESSING SPECIFIC FEARS AND PHOBIAS AS WELL AS GENERAL ANXIETY AND 'WORRYING' - USING CASE STUDIES, WORKSHEETS AND CHARTS HELPING YOUR CHILD IS A SERIES FOR PARENTS AND CAREGIVERS TO SUPPORT CHILDREN THROUGH DEVELOPMENTAL DIFFICULTIES, BOTH PSYCHOLOGICAL AND PHYSICAL. EACH GUIDE USES CLINICALLY-PROVEN TECHNIQUES. SERIES EDITORS: PROFESSOR PETER COOPER AND DR POLLY WAITE

Overcoming Anxiety HELEN KENNERLEY 2009-07-30 FULLY UPDATED EDITION OF THE BESTSELLING SELF-HELP BOOK, NOW RECOMMENDED ON THE NATIONAL BOOKS ON PRESCRIPTION SCHEME. THIS EVER-POPULAR GUIDE OFFERS A SELF-HELP PROGRAMME, WRITTEN BY ONE OF THE UK'S LEADING AUTHORITIES ON ANXIETY AND BASED ON CBT, FOR THOSE SUFFERING FROM ANXIETY PROBLEMS. A WHOLE RANGE OF ANXIETIES AND FEARS ARE EXPLAINED, FROM PANIC ATTACKS AND PHOBIAS TO OBSESSIVE COMPULSIVE DISORDER (OCD) AND GENERALISED ANXIETY. IT INCLUDES AN INTRODUCTION TO THE NATURE OF ANXIETY AND STRESS AND A COMPLETE SELF-HELP PROGRAMME WITH MONITORING SHEETS BASED ON COGNITIVE BEHAVIOURAL THERAPY. THE FOLLOWING WEBSITES MAY OFFER USEFUL FURTHER INFORMATION ON ANXIETY DISORDERS: WWW.SOCIAL-ANXIETY.ORG.UK WWW.STRESS.ORG.UK WWW.TRIUMPHOVERPHOBIA.COM