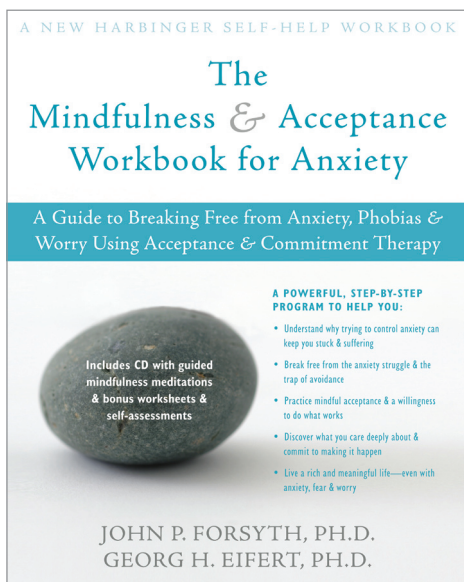


Acceptance & Commitment Therapy Books by Best-Selling Author...

# JOHN P. FORSYTH, PH.D.

"...highly recommended for all those struggling with worry, anxiety & fear."

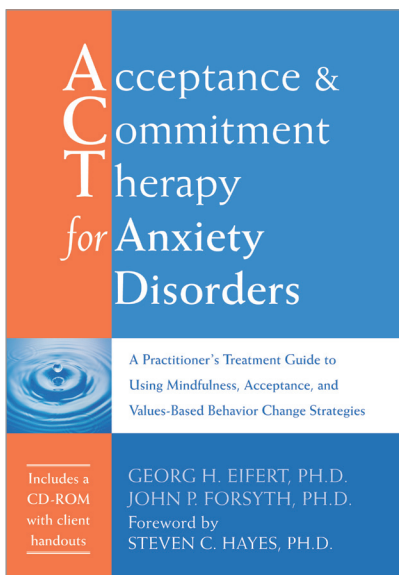
—DAVID H. BARLOW, PH.D.,  
BOSTON UNIVERSITY



This exciting and innovative ACT workbook is the first self-help book to adapt the techniques of ACT into a powerful program readers can use to overcome any of their anxiety disorders. The book includes a CD with audio mindfulness exercises and client worksheets.

JOHN P. FORSYTH, PH.D., &  
GEORG H. EIFERT, PH.D.

ISBN: 978-1572244993 / trade paper  
+ CD Plus / 288 pages / US \$21.95



An effective, ACT approach for treating any anxiety disorder. Remove barriers to change and foster rapid client progress. Theoretical information in the book is supported by detailed examples of individual therapy sessions, worksheets, and exercises—as well as a CD-ROM that includes electronic versions of all client worksheets.

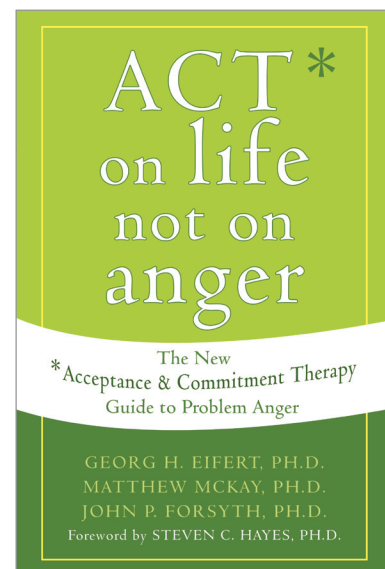
GEORG H. EIFERT, PH.D., &  
JOHN P. FORSYTH, PH.D.

FOREWORD BY  
STEVEN C. HAYES, PH.D.

ISBN: 978-1572244276 / hardcover +  
CD-ROM / 304 pages / US \$58.95

"...empowering & compassionate...  
extraordinarily insightful..."

—LAURIE A. GRECO, PH.D.,  
UNIVERSITY OF MISSOURI, ST. LOUIS



This book offers a new approach to those who have tried to control problem anger before with little success. Instead of trying to eliminate anger, this book helps readers drop the rope in their tug-of-war with anger using ACT.

GEORG H. EIFERT, PH.D.,  
MATTHEW MCKAY, PH.D., &  
JOHN P. FORSYTH, PH.D.

FOREWORD BY  
STEVEN C. HAYES, PH.D.

ISBN: 978-1572244405 / trade paper /  
192 pages / US \$15.95



newharbingerpublications

800-748-6273 / newharbinger.com / 5674 Shattuck Ave. Oakland, CA 94609 USA