



The Mindfulness & Acceptance Workbook for Anxiety

A Guide to Breaking Free from Anxiety, Phobias & Worry Using Acceptance & Commitment Therapy

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Foreword by Steven C. Hayes, Ph.D.

about the authors

John P. Forsyth, Ph.D., is associate professor of psychology and director of the Anxiety Disorders Research Program in the Department of Psychology at the University at Albany, State University of New York. He has published numerous articles on acceptance and experiential avoidance and the role of emotion regulatory processes in human suffering. He has been doing basic and applied work related to acceptance and commitment therapy (ACT) for more than ten years. He is a clinical fellow of the Behavior Therapy and Research Society and a licensed clinical psychologist in New York. He serves on the editorial boards of several leading clinical psychology journals, and is associate editor of the *Journal of Behavior Therapy and Experimental Psychiatry*. He is coauthor of *Acceptance & Commitment Therapy for Anxiety Disorders*. He lives in Albany, NY.

Georg H. Eifert, Ph.D., is professor and chair of the department of psychology at Chapman University in Orange, CA. He was ranked in the top thirty of Researchers in Behavior Analysis and Therapy in the 1990s and 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 serves on several editorial boards of leading clinical psychology journals. He is also a licensed clinical psychologist. Georg Eifert lives in Anaheim, CA (greater Los Angeles area).

book description

Most efforts to “control” or “get rid of” anxiety simply don’t work. But, fortunately, this book offers another option. Acceptance and commitment therapy (ACT) helps people facing a range of psychological problems learn to accept painful feelings without becoming overwhelmed by or submerged in them. Then it works to help these folks identify their values and commit to living their lives in ways that make these values come alive. This is the first workbook to offer readers a complete, ACT-based program for dealing with any anxiety related problem. The techniques in this book are equally effective with the different manifestations of anxiety: social and specific phobias, agoraphobia, worry and generalized anxiety disorder (GAD), obsessive-compulsive disorder (OCD), post-traumatic stress disorder (PTSD), and more. The book is divided into weeks, with clear directions and objectives for each. The light, engaging style of the authors make exploring this new approach interesting, accessible, and fun.

acclaim

“*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, Ph.D.**,
professor of psychology and psychiatry at Boston University and author of *Anxiety and Its Disorders*

“Ablly 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 a leading a fuller life.”

—**Zindel Segal, Ph.D.**,
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*

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