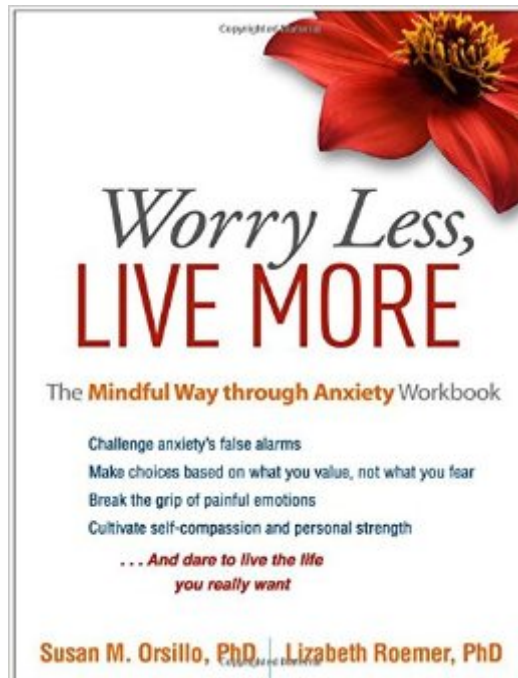


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# Worry Less, Live More: The Mindful Way Through Anxiety Workbook



## Synopsis

Do you ever feel like you want more from your life--but get scared or overwhelmed by the idea of making changes? For many, worry, fear, or negativity are stumbling blocks that can be extraordinarily difficult to overcome. This effective workbook provides a blueprint to help you move through painful emotions without being ruled by them. Vivid stories of others who have struggled with anxiety are accompanied by meditation and acceptance practices and step-by-step exercises that build self-knowledge and self-compassion (you can download and print additional copies of the worksheets as needed). Armed with a deeper understanding of what you really value, you can break free of the common traps that leave people feeling stuck--and dare to live the life you really want. Audio downloads of the mindfulness practices, narrated by the authors, are provided at [www.guilford.com/orsillo2-materials](http://www.guilford.com/orsillo2-materials). See also the authors' *Mindful Way through Anxiety*, which explains mindfulness techniques in greater detail. *Worry Less, Live More* can be used on its own or as the perfect way to expand on and enhance the lessons of the first book using a step-by-step approach.

## Book Information

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## Customer Reviews

This is a wonderfully written, incredibly relatable, stand alone reader, or companion to the authors' "A Mindful Way Through Anxiety." As a clinical psychologist, I have assigned this workbook to my clients to supplement our therapy. This has been especially helpful over the summer months because, as clients travel, I have been able to assign them reading and activities from this workbook

in-between our sessions. The authors of this text are so attuned to the human experience of worry and anxiety. Each page anticipates the next valid emotion, the next "what if" thought, and then provides easy to understand suggestions and skills for living a life in the face of anxiety and worry. One of the most unique aspects of this workbook, is its attention to diversity and multiple identities. The authors do this skillfully and seamlessly- from the names of the characters/clients in the vignettes, to the use of gender neutral pronouns. Also, the authors attention to discrimination and other oppressive events as contextual factors present in the lives of individuals who experience chronic worry is noteworthy. Clients, therapists, and all individuals looking to live an optimal life will benefit greatly from this book. We know from in-person psychotherapy that the therapeutic alliance accounts for a large proportion of individuals' improvement. Well, readers of this book will experience a similar result. They will be able to see themselves in the writing and they will feel connected with the authors because they will feel the authors' authentic and genuine care and commitment to helping others and to helping those whose voices and names have not been used in these types of texts.

Worry Less, Live More is a brilliant and accessible workbook helpful for all mental health professionals in their work with clients and anyone who wants to better understand their internal experiences and work towards living a life consistent with what matters to them. The rich information and skills are brought to life with vivid and diverse examples, and take away messages and exercises help to engage the reader. As a clinical psychology doctoral student and therapist I have found the sections on values and common traps especially helpful. Helping ourselves and our clients identify what matters is a complex process, and this book provides a clear explanation of common traps that arise with excellent examples of how to navigate these traps. Another major strength is the emphasis on context throughout, and the ways that different aspects of identity, and experiences with discrimination and marginalization can impact lives. This book has already been helpful to me in my clinical work and I'm very grateful to have it on my bookshelf. I highly recommend this workbook to any mental health professional or anyone who wants to work to identify what matters to them and take action in line with those values!

Great book to help with anxiety

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