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David A. Clark, PhD, is
a clinical psychologist
and professor emeritus
at the University of
New Brunswick. He is
author or coauthor of
several books on
depression, anxiety,
and obsessive-
compulsive disorder
(OCD), including The

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“The Anxiety Skills
Workbook, by world-
leading expert on
anxiety Stefan

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Hofmann, is an excellent, up-to-date guide for those suffering from anxiety. ... The Anxious Thoughts Workbook

“Tens of millions of people have benefitted from cognitive and behavioral therapies to develop a

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UNWANTED By ...

The Anxiety Skills
Workbook by Stefan G.

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Hofmann uses a cognitive behavioural therapy approach to help you better manage your anxiety.

One thing I liked was the cautionary note in the introduction that the book wasn't intended to address suicidality, severe depression, or problematic substance abuse, and anyone experiencing those should get in touch with a mental health

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Clark is an excellent
step-by-step guide to
overcoming the feeling

that you are trapped
by unwanted intrusive
thoughts. Based on the

best research, Clark
takes us on a journey

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into the troubled mind
and leads us out to
setting aside the
thoughts that often
limit our daily lives.

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... Our bodies respond
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The Anxious Thoughts
Workbook is for you if
you want to feel less
anxious and distressed,
and want to feel a
greater sense of
confidence and joy."

--Dennis Greenberger,
PhD, coauthor of Mind
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Greenberger, PhD "I

first became aware of
David A. Clark's work
on intrusive thoughts
as a master's student
back in 1989 through
his own
groundbreaking studies
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Depression A New

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David A. Clark is Professor Emeritus with the Department of Psychology, University of New Brunswick, Canada. The Anxious Thoughts Workbook: Skills to Overcome the Unwanted Intrusive Thoughts that Drive Anxiety, Obsessions, and Depression was released in March 2018. Learn more about the author, his book, as

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catastrophic, and
negative thoughts that
you may currently
have.

Intrusive

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step-by-step guide to overcoming the feeling that you are trapped by unwanted intrusive thoughts. Based on the best research, Clark takes us on a journey into the troubled mind and leads us out to setting aside the thoughts that often limit our daily lives.

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The Anxious Thoughts Workbook is for you if you want to feel less anxious and distressed, and want to feel a greater sense of confidence and joy." -- Dennis Greenberger, PhD, coauthor of Mind Over Mood, "This book provides a detailed account of the nature and causes of unwanted intrusive thoughts, images, memories, and feelings that produce fear, pain,

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The Anxiety Skills

The Negative Thoughts
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Summary : A proven-effective CBT approach to help you break the cycle of repetitive negative thinking If you suffer from anxiety or depression, chances are you also experience unwanted, distressing, and repetitive thoughts.

These negative

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thoughts are often grounded in anger, guilt, shame, worry, humiliation, resentment, or regret.

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Clark is an excellent step-by-step guide to overcoming the feeling that you are trapped by unwanted intrusive thoughts. Based on the

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offers a plethora of
excellent, evidence-

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based, and well-presented strategies to address repetitive negative thinking related to anxiety and depression. If you engage in this type of thinking—and we all do from time to time—this book will help you to recognize your thought patterns and implement effective ways to change them.

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