

## LITTLE WAYS TO KEEP CALM AND CARRY ON

*Twenty Lessons For Managing Worry, Anxiety, and Fear*

MARK A. REINECKE, PH.D.



### About the Author

**MARK A. REINECKE, PH.D.**, is professor of psychiatry and behavioral sciences and chief of the division of psychology at Northwestern University's Feinberg School of Medicine. He is a distinguished fellow and past president of the Academy of Cognitive Therapy, a diplomat of the American Board of Professional Psychology, and a fellow of the American Psychological Association and the Association for Psychological Science.

He lives in Chicago, IL.

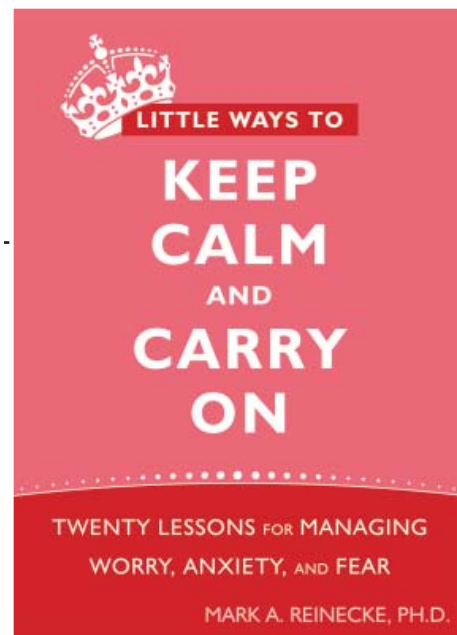
What's the best way to deal with daily stress? Maybe it's as simple as the British WWII slogan. Psychologist Mark Reinecke explains effective little ways to stay cool when life gets out of hand.

Since it was first featured on a British poster produced during World War II, "Keep calm and carry on" has become the mantra of millions—but exactly how to keep calm remains a difficult question to answer, especially in tumultuous times.

*Little Ways to Keep Calm and Carry On* was born when the author was facing, as many people across the country have faced, a significant pay cut at work. Noticing how well he was taking the news his wife asked how he could stay so calm. "This is what I do for a living!" he replied, and began to explain to her the lessons he had learned from years of anxiety research and personal experience.

In *Little Ways to Keep Calm and Carry On* Reinecke has created a pocket-sized book readers can turn to in the very moment they are experiencing anxiety, an on-the-spot emergency kit for calming worries and fears. Reinecke outlines twenty short lessons and techniques for understanding and reducing anxiety using cognitive behavioral therapy (CBT), the most effective therapeutic method for treating symptoms of anxiety.

So the next time you are stressed by pressures at work, overwhelmed by life's challenges, or panicked by problems that seem unsolvable, reach for *Little Ways to Keep Calm and Carry On*, a timely and uplifting book that is perfect for anyone needing help keeping it together in anxious times.



FOR AN INTERVIEW REQUEST or  
MORE INFORMATION CONTACT:  
Earlita Chenault 510-652-0215, ext. 6142  
earlita.chenault@newharbinger.com

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Twenty Lesson for Managing Worry, Anxiety, and Fear  
Mark Reinecke, Ph.D.  
September 2010 / 978-1-57224-8816 / \$14.95 / 7 x 9 / 120 pages

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## Interview Questions

1. What inspired you to write *Little Ways to Keep Calm and Carry On*? What is the story behind the title?
2. In Lesson 3 you talk about how 9/11 created a new anxiety for Americans that did not exist before. What are some common fears among Americans that we all might share?
3. You suggest listing fears and crossing off what's not realistic. How does doing this help with fear and anxiety? What constitutes a realistic fear?
4. You state in the book that we need to "expand our tolerance for ambiguity and uncertainty". What does that mean? How can we do that?
5. You mention "letting go" and "taking control" of our feelings. When do we let go and when do we take control?
6. Anxiety is often linked with serious threats such as losing one's job, monetary needs, and overall success. What if the anxiety is coming from a nonthreatening source such as indecisiveness? What could be the triggers and solutions?
7. You mention not to think of the worst case scenario, but often times the best case scenario is just as implausible. Where should readers focus their thoughts?
8. What are some relaxation techniques that you personally suggest to ease readers minds and body?

## Praise

"A gem of a resource for anyone who struggles with anxiety or worry...This great little book gets right to the point with inspiring quotes, no-nonsense information, gentle understanding, and superb recommendations."

— **Denise D. Davis, Ph.D.**, clinical psychologist and assistant director of clinical training at Vanderbilt University in Nashville, TN

"Anxiety is inevitable; we need it to survive. Sometimes, however, we are stuck in it. This book is a place where evidence-based science meets philosophy of life. Everybody should have it: those who are struggling with anxiety, those who are helping people to overcome anxiety, and those who like to think about human nature."

— **Agnieszka Popiel, MD, Ph.D.**, psychiatrist and cognitive behavioral therapist at Warsaw School of Science and Humanities and president of the Polish Association for Behavioural and Cognitive Therapists

"...If anxiety is impairing the life you want to live, you will most certainly find useful information in this book."

— **Maureen L. Whittal, Ph.D., ABPP**, associate professor at the University of British Columbia in Vancouver, BC

"Reinecke's *Little Ways to Keep Calm and Carry On* immediately engages and informs readers as both a how-to handbook and valuable reference. His twenty priceless lessons can help anyone work through worries and become happier with results that last. This little gem should be on everyone's self-improvement shelf."

— **Paul L. Corona, Ph.D.**, director of learning and organization development at Northwestern University in Evanston, IL

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