

THE DUTIFUL WORRIER

How to Stop Compulsive Worry Without Feeling Guilty

ELLIOT D. COHEN, PHD

Features

The Dutiful Worrier pinpoints why some of us become compulsive worriers and offers a four-step program to end this vicious circle. With this book, you'll:

- Identify and change the thoughts that propel your worry
- Learn to make decisions without ruminating about them
- Overcome feelings of guilt when you don't worry
- Let go and give up worrying once and for all

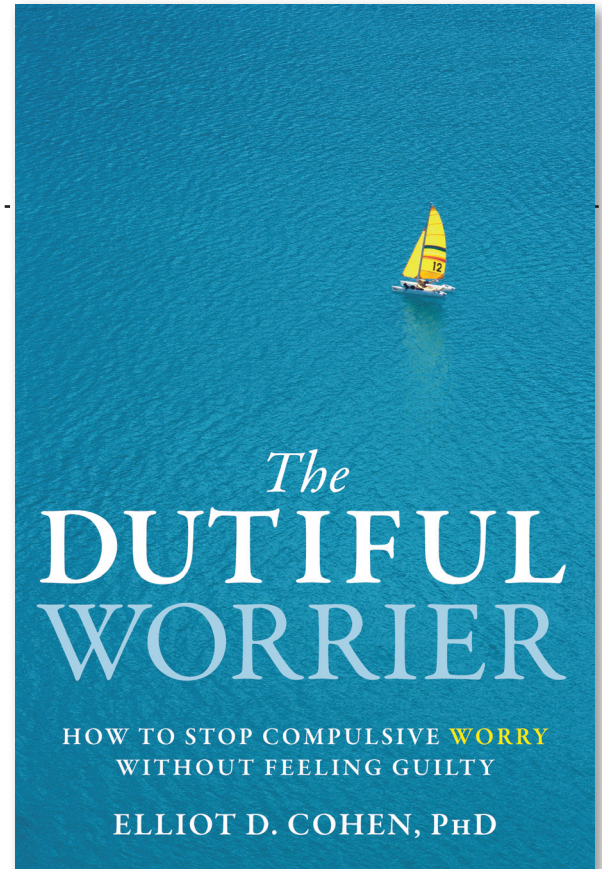
Complete with self-evaluations and exercises, this book offers guidance for keeping perspective and accepting that you are not responsible for preventing catastrophe. Without the burden of dutiful worrying, you will be able to enjoy life more freely and fully.

Do you feel it's your duty to worry?

If your answer to this question is "yes," you may be suffering from a type of compulsive behavior called dutiful worrying.

On the positive side, dutiful worrying can make you feel as if you're actually doing something to improve or control your situation. But this unproductive habit eventually robs you of energy and peace of mind and can leave you feeling overwhelmed.

Dutiful worriers may feel the need to root for their sports teams out of fear that if they don't, the team will lose. They may feel extreme anxiety on plane flights, convinced that if they let go of the fear that the plane may crash, it will. People who dutifully worry often have an inflated sense of responsibility and feel that worry is actually a productive habit that helps to prevent disaster. In reality, worry is one of the most unproductive habits a person can have, and causes no end to suffering for worriers and their loved ones. *The Dutiful Worrier* presents a four-step plan for deconstructing chronic and debilitating worry and overcoming this form of self-imposed stress for good.



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HOW TO STOP COMPULSIVE WORRY WITHOUT FEELING GUILTY

Elliot D. Cohen, PhD

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How to Stop Compulsive Worry Without Feeling Guilty

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Praise

"*The Dutiful Worrier* is an excellent self-help book. It provides extremely helpful strategies for leading a less anxious and more fulfilling life. Lucid and cleverly organized into sections that make it easy to read and understand, it draws on the thoughts and findings of outstanding clinicians and scholars. I enthusiastically recommend *The Dutiful Worrier*."

— Arnold A. Lazarus, PhD, ABPP, Distinguished Professor Emeritus in Clinical Psychology at Rutgers University and executive director of The Lazarus Institute in Skillman, NJ

"Worry, no matter how good the reason, is not healthy. As Albert Ellis said, 'Worry is itself one of the most painful conditions.' Elliot Cohen shows how to use a four-step process to identify, refute, replace, and monitor well-meaning worry. I recommend you follow this four-step program and learn to concentrate on actual troubles and not the imaginary ones."

— Jon Carlson, PsyD, EdD, Distinguished Professor in psychology and counseling at Governors State University in University Park, IL

About the Author



Elliot D. Cohen, PhD enjoys a unique public platform based on his extensive work in the fields of psychology and philosophy. He specializes in topics in moral psychology, anxiety, guilt, worry, ethics, and critical thinking.

Dr. Cohen has a PhD in ethics and specializes in moral psychology. He is the principal founder of philosophical counseling in the United States and inventor of Logic-Based Therapy, as well as co-founder and an executive director of the American Society for Philosophy, Counseling, and Psychotherapy, the premier organization for philosophical counseling in the United States established under the auspices of the American Philosophical Association. Additionally, he is the founder and editor-in-chief of the *International Journal of Applied Philosophy*, the first comprehensive journal of practical philosophy established in 1980.

He is the author of numerous books and articles including *The Dutiful Worrier*; *The New Rational Therapy: Thinking Your Way to Serenity, Success, and Profound Happiness*; *Critical Thinking Unleashed*; *Ethics and the Legal Profession*; *The Last Days of Democracy: How Big Media and Power-Hungry Government are Turning America into a Dictatorship*; *News Incorporated: Corporate Media Ownership and Its Threat to Democracy*; and *What Would Aristotle Do? Self-Control through the Power of Reason*. He blogs regularly for Psychology Today and has been quoted in major media venues including the New York Times Magazine.

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