

# The Mindfulness & Acceptance Workbook for Anxiety

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



Includes CD with guided mindfulness meditations & bonus worksheets & self-assessments

**A POWERFUL, STEP-BY-STEP PROGRAM TO HELP YOU:**

- Understand why trying to control anxiety can keep you stuck & suffering
- Break free from the anxiety struggle & the trap of avoidance
- Practice mindful acceptance & a willingness to do what works
- Discover what you care deeply about & commit to making it happen
- Live a rich and meaningful life—even with anxiety, fear & worry

JOHN P. FORSYTH, PH.D.  
GEORG H. EIFERT, PH.D.

*bonus worksheets and self-assessments included*

## Bonus CD

Guided Meditation Companion  
*featuring Mariah Howard*

1. Welcome
2. Mindful Breathing
3. Acceptance of Thoughts and Feelings
4. Changing Radio Stations
5. Acceptance of Anxiety
6. Loving-Kindness Practice
7. The Bubble Wand
8. Embracing the Bad, Giving Away the Good
9. The Candle of Forgiveness
10. Leaves on a Stream

# Anxiety Happens. Stop struggling with it & start living well

Enough is enough! Many have struggled for too long to control their symptoms of anxiety, only to find fear, shyness, and worry creeping back into their lives the minute they let down their guard. The bottom line is that most efforts to “control” or “get rid of” anxiety simply don’t work. Fortunately, *The Mindfulness & Acceptance Workbook for Anxiety* 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. It then 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. Yes, people read that right! The techniques in this book are equally effective with the multiple 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 Mindfulness & Acceptance Workbook for Anxiety* is divided into a number of weeks, with clear directions and objectives for each. The light, engaging style of the authors make exploring this new approach interesting, accessible, and fun.

*The Mindfulness & Acceptance Workbook for Anxiety* is a powerful, step-by-step program to help people:

- Understand why trying to control anxiety can keep people stuck & suffering
- Break free from the anxiety struggle & the trap of avoidance
- Practice mindful acceptance & a willingness to do what works
- Discover what people care deeply about & commit to making it happen
- Live a rich and meaningful life - even with anxiety, fear & worry

FOR MORE INFORMATION OR TO SCHEDULE AN INTERVIEW CONTACT:

**Adia Colar: [adia@newharbinger.com](mailto:adia@newharbinger.com), 510-652-0215 x 107**

**The Mindfulness & Acceptance Workbook for Anxiety: A Guide to Breaking Free from Anxiety, Phobias & Worry Using Acceptance & Commitment Therapy**, by John P. Forsyth, Ph.D. & Georg H. Eifert, Ph.D.,

ISBN: 978-157224-499-3, 267 pages, \$21.95, January 2008, New Harbinger Publications, 800-748-6273, [www.newharbinger.com](http://www.newharbinger.com)

## What the experts are saying about *The Mindfulness & Acceptance Workbook for Anxiety*

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*

In this impressive workbook, Forsyth and Eifert show how giving up your attempts to control anxiety and fear will help you to leave your anxiety problems behind and get on with your life. This clearly written book is packed with helpful suggestions. I will definitely use it with my own clients and students, and I recommend it highly for anyone who struggles with anxiety.

- **Martin M. Antony, Ph.D., ABPP**, professor and director of graduate training in the Department of Psychology at Ryerson University in Toronto, ON, Canada

If you suffer with anxiety, Forsyth and Eifert have given you a gift. It is not a structured manual for how to get over your anxiety as much as it is a book of wisdom. They raise the inevitable truth that anxiety is a part of all of us, and they show us the way, through willingness, compassion, mindfulness, and acceptance of ourselves and others, to live a life worth the living, to understand our important values and to live in concert with them. This is a book well worth the reading, and its message is worth keeping close to your heart.

- **Richard G. Heimberg, Ph.D.**, professor of psychology and director of the Adult Anxiety Clinic of Temple University

... Carefully structured charts and patient assignments support the core message that taking action to face one's fears is the 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 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*

Steeped in the rich tradition of psychological theory, *The Mindfulness and Acceptance Workbook for Anxiety* by Forsyth and Eifert represents a major advance for the practical treatment of anxiety and related conditions. This book will assist clinicians and patients in constructing a treatment plan that insures progress in overcoming the many obstacles associated with conquering fears. A major contribution to clinical care, this workbook will contribute to the growing knowledge base on acceptance and commitment therapy, joining other evidence-based approaches as a major tool for treating the disabling symptoms that accompany anxiety.

- **Terence M. Keane, Ph.D.**, chief of psychology service at the VA Boston Healthcare System, director of the Behavioral Science Division of the National Center for PTSD, and professor and vice-chair for research of the Division of Psychiatry at Boston University School of Medicine

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# Facts about Anxiety

- 19.1 million (13.3%) of the adult U.S. population struggle with some form of anxiety disorders. Unlike many other anxiety self-help approaches, this book offers one set of techniques that can be used effectively for any of the diverse forms that anxiety can take.
- Sobering statistics show that many anxiety sufferers fail to receive proper treatment, and about 38.7 percent don't receive any treatment at all.
- Anxiety disorders have now surpassed depression as the most common mental health problem in the United States (National Comorbidity Survey-Replication, 2005), affecting approximately 29 percent of the population at some point in their lifetime.

## About the Authors

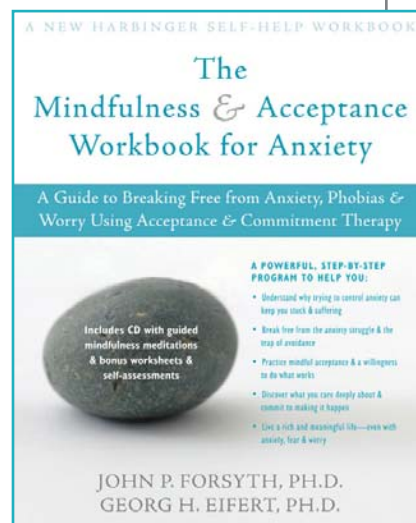


**JOHN P. FORSYTH, PH.D.**, is associate professor of psychology and director of the Anxiety Disorders Research Program in the Department of Psychology at the University at Albany, State University of New York. He has published numerous articles on acceptance and experiential avoidance and the role of 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*.



**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. He is the author of *The Anorexia Workbook*.

*Forsyth and Eifert are the authors of **Acceptance and Commitment Therapy for Anxiety Disorders** and, with Matthew McKay, **ACT on Life Not on Anger**.*



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