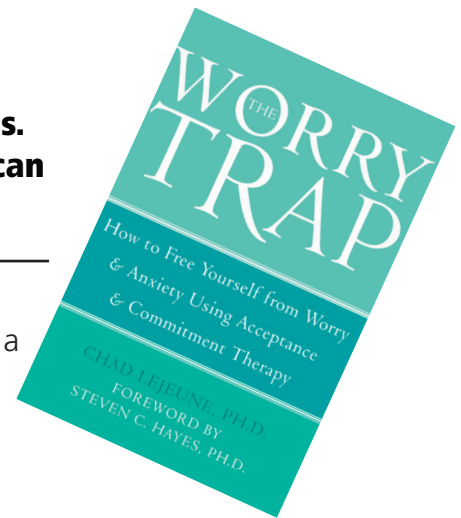


**An estimated 6 percent of Americans will suffer from generalized anxiety disorder (GAD) during their lifetimes. Countless million more struggle with chronic worry that can severely affect their quality of life.**

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Like a mouse caught in a trap chronic worriers are immobile. Stuck in a cycle of wondering about “what if,” worriers neglect to live in the moment—to appreciate “what is” in their lives—and spend most of their time fretting about events that may never happen.

Chronic worry, a strong and persistent inability to tolerate uncertainty, is among the most common emotional problems. Unchecked, it can lead to a more serious condition, generalized anxiety disorder (GAD).

In *The Worry Trap* author Chad LeJeune uses the most exciting development in psychotherapy in the last fifty years to help readers with chronic worry. Acceptance and commitment therapy (ACT) is a revolutionary approach to resolving a staggeringly wide range of psychological problems—including chronic worry and GAD. ACT stresses letting go of attempts to cease negative thinking. Instead, it helps individuals accept their feelings of stress and worry as they occur without judgment. ACT techniques work to defuse problematic thoughts from the situations that trigger them. By choosing what they value and committing to how they want to live, people working with ACT can finally move beyond worry. ACT is safe, fast, and, clinical studies prove, very effective.

This book is the first for general readers to adapt ACT principles for chronic worry and GAD. It offers a step-by-step approach to learning and practicing ACT, from the first steps of acceptance to a lifetime of rich, values-guided living. Engaging and easy-to-read, *The Worry Trap* offers help to the millions of Americans paralyzed by their worrying ways.

***“This book is not about eliminating your worries so much as transforming your life. It’s about putting you back in control of your life by learning how to let go of trying needlessly to control the content of that verbal organ between your ears. It’s about giving up control of the uncontrollable and instead starting to really live. Now.”***

—Steven C. Hayes, Ph.D., Professor of Psychology at the University of Nevada, Reno and author of *Get Out of Your Mind & Into Your Life*

**FOR MORE INFORMATION OR TO SCHEDULE AN INTERVIEW CONTACT:  
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**NEXT: About The Author**

The Worry Trap: How To Free Yourself from Worry & Anxiety Using Acceptance & Commitment Therapy, by Chad LeJeune, Ph.D.  
ISBN-10: 1572244801, ISBN-13: 9781572244801, \$16.95, Paperback, 200 pp., March 2007, New Harbinger Publications  
800-748-6273, [www.newharbinger.com](http://www.newharbinger.com)

## About The Author

**Chad LeJeune, Ph.D.**, is professor of psychology at the University of San Francisco, and is a founding fellow of the Academy of Cognitive Therapy. A practitioner of acceptance and commitment therapy since 1990, he lives and works in San Francisco.

## Suggested Interview Questions

1. What is worry, and how does it differ from anxiety?
2. What is the difference between worrying and caring?
3. It is natural to worry about certain things. At what point does worry become excessive?
4. What causes chronic worry?
5. In Chapter One you talk about some of the ways that worry helps us. What are some positive functions that worry serves?
6. What are some of the negative effects of excessive worry? Can it affect your health?
7. Could you explain what Acceptance and Commitment Therapy (ACT) is and how it can be used to treat chronic worry?
8. In Chapter Six you discuss the concepts of “content” and “context.” Could you explain those concepts and the distinction between the two?
9. What is the LLAMP approach and how can it help a chronic worrier?

**NEXT: SAMPLE EXERCISE**

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## Sample Exercise from *The Worry Trap*

### Rhyming Worries

1. Whenever you notice a worry, try to capture it in a short, single sentence. Say the sentence out loud.
2. Now come up with a completely different, arbitrary worry that rhymes with the original worry thought. For example:

#### Original Worry ⇒ Rhyming Worry

**“What if my speech is a failure?” ⇒ “What if that peach is a sailor?”**

**“I might not be able to cope!” ⇒ “I might get a mouthful of soap!”**

**“I probably offended my boss!” ⇒ “I think I upended the sauce!”**

**“What if the airplane crashes?” ⇒ “What is this pain in my lashes?”**

3. Try replacing the original worry with the rhyming worry thought. Try to think it with the same sense of urgency or alarm that you gave to the original worry.
4. Notice that the original worry and the rhyming worry are both thoughts, and that as such, the original worry poses no more of a threat than the rhyming worry.

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