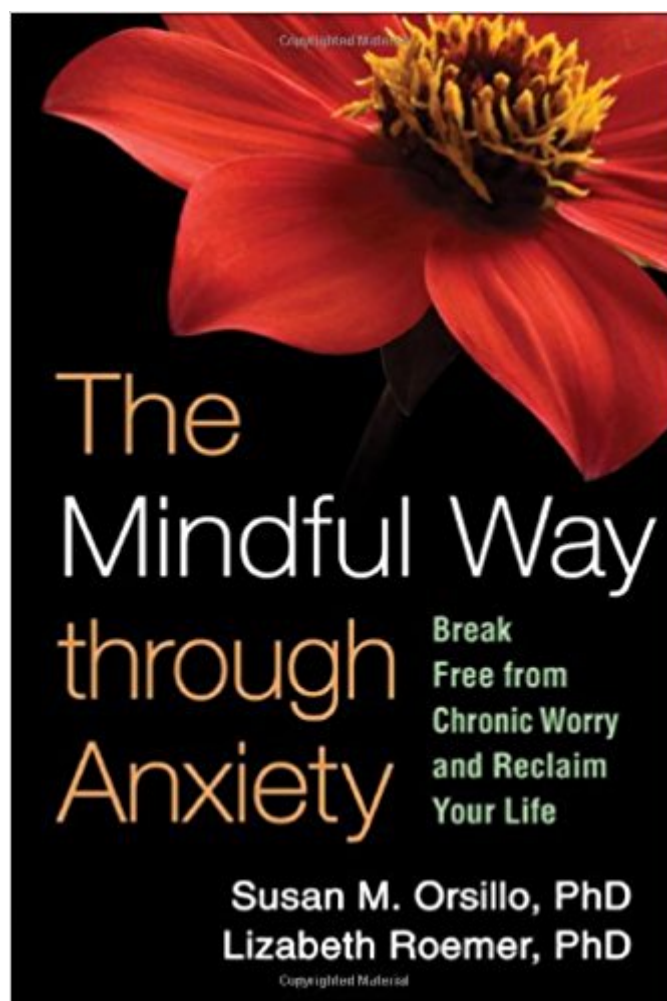


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# The Mindful Way Through Anxiety: Break Free From Chronic Worry And Reclaim Your Life



## Synopsis

You can't just "get over" anxiety. In fact, the very things most people do to try to feel better--avoiding feared situations, pushing worry out of mind--only make the problem worse. Leading psychologists Susan M. Orsillo and Lizabeth Roemer present a powerful new alternative that can help you break free of anxiety by fundamentally changing how you relate to it. With clarity and compassion, this book describes clinically tested mindfulness practices specifically tailored for anxiety in its many forms. Learn step-by-step strategies for gaining awareness of anxious feelings without letting them escalate; loosening the grip of worry and fear; and achieving a new level of emotional and physical well-being. Free audio downloads of mindfulness exercises are available at [www.guilford.com/orsillo-materials](http://www.guilford.com/orsillo-materials). Association for Behavioral and Cognitive Therapies (ABCT) Self-Help Book of Merit

## Book Information

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## Customer Reviews

Most of us suffer from anxiety to some degree. We instinctively try to wish it away, avoid it, or fight it head-on -- strategies which only make matters worse. In this compelling, well-structured book, Drs, Orsillo and Roemer offer readers the very latest, scientifically-grounded, understanding of anxiety and how to deal with it. The practice of turning safely and compassionately toward one's own fears is at first confusing, but ultimately profoundly liberating. They describe this paradoxical process very simply and clearly, in a way anyone can use. As a clinical psychologist who works extensively with anxiety problems, I recommend this book enthusiastically. Readers can also visit the authors'

website for their excellent, free, meditation downloads: [...]

As a therapist learning to use mindfulness- and acceptance-based behavioral therapies, I find this book to be an extremely useful resource for my clients, and personally. It is a helpful way for clients to read and reflect on topics discussed in treatment. It is also a fantastic reminder for myself as therapist, in terms of incorporating these principles into my own life. Thank you!

When feeling anxious, do you typically: 1) Become so consumed with how anxious you feel and then harshly judge yourself for doing so? 2) Do whatever you can to escape feeling the anxiety? 3) Try to avoid whatever triggers the anxiety? If so, this book will likely change your world--from the inside out. It's not about changing your anxiety, but about changing the relationship you have with your internal experience of anxiety and the associated uncomfortable emotions. And, the first step to changing this relationship is to understand these truths that the authors have discovered from years of research and their own clinical and personal experiences:--Anxiety is universal, adaptive, and functional--Anxious thoughts and associated emotions do not necessarily your control behavior--Trying to control (or avoid) your anxiety typically causes more distress Once you've grasped these truths, you'll be ready to start embracing the concept of mindfulness. In contrast to anxiety which narrows attention and focuses on threats, mindfulness expands our attention and helps us more fully engage in our lives. As the authors explain, the goal of mindfulness is "to change the relationship you have with your thoughts and feelings, to bring some curiosity and compassion to the responses you have, to learn to tune in to your emotions and understand how they pull you to respond in certain ways, and to bring some flexibility and choice to the actions you have." (p. 166) The practice of mindfulness revolves around the three steps of observation, curiosity, and self-compassion, and ultimately allows you to: increase your present-moment focus and clarify your awareness; turn towards your emotions (instead of running from them or trying to control them); and make valued choices to help you live a full meaningful life. So, if you're tired of being a prisoner of your anxiety, here is your chance to break free. Imagine being able to make choices based on wants instead of fears! And, after reading this book, you'll be able to transform that fantasy into reality.

This is a good, solid, useful book on mindfulness as therapy, and I recommend it for the person who suffers from anxiety--indeed, it could change your life. The only problem I had with it is that it is full of those "case-studies" (imaginary people used to demonstrate the principles of the book) which, to

my mind, make the book almost unreadable. There is some character on almost every page. Of course, some people must like this, or they wouldn't write like this. Just a matter of taste, I guess. But if you don't and you'd like to read about mindfulness as therapy, you might try the brilliant "The Mindful Way Through Depression"(which has a few case-studies but not nearly so many) or anything by Jon Kabat-Zinn. However, these books don't deal exclusively with anxiety.

The Mindful Way through Anxiety is an excellent resource whether you struggle with the experience of anxiety and worry, are a clinician who works with clients with anxiety-related difficulties, or someone who simply wants to learn a new way of approaching your inner experience and life. This book is unique in its approach to anxiety, as well as its validating and compassionate tone. The authors provide a number of ground-breaking strategies that can help you change the way in which you relate to your anxiety, bringing about greater self-compassion, acceptance, and freedom. Another unique aspect of this book is that it shows you that you do not need to first eliminate anxiety in order to live a more meaningful and fulfilling life. You can do this immediately. They take you through a number of exercises that help you shift your focus to building the life you want to live now, even in the context of the very natural and human experience of anxiety. I recommend this book without reservation. It is a must read and should be on everyone's bookshelf.

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The Anxiety Survival Guide for Teens: CBT Skills to Overcome Fear, Worry, and Panic (The Instant Help Solutions Series)

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