



Anxiety Free: Unravel Your Fears Before They Unravel You

By Robert L. Leahy

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In his new book, **Robert L. Leahy, Ph.D.**, author of the best-selling book *The Worry Cure*, turns his attention to anxiety. Leahy looks at the origin of anxiety and teaches you how to outsmart your fears for a less stressful life. He lays out the symptoms associated with some of the most common anxiety disorders, including panic and agoraphobia, obsessive-compulsive, generalized anxiety, social anxiety, and post-traumatic stress and provides simple, step-by-step guides to help you overcome the fears associated with each of these.

Anxiety Free explores how preprogrammed rules of reaction, which are a product of the evolutionary process, keep us in the grip of anxiety. For each anxiety disorder, Leahy shows how our fears and unchallenged assumptions stand in the way of our freedom.

Using Leahy's methods, which are based on the best psychological treatments available, you will be able to work toward a life free from the apprehension, tension, and avoidance associated with anxiety.

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Editorial Review

Review

“Robert L. Leahy, one of America’s most respected self-help psychologists, treats us to a tour de force in how to help soothe our anxious minds. With the most ancient and up-to-date wisdom and self-help techniques, Dr. Leahy is an expert guide and coach.”

— Paul Gilbert, Ph.D., author of *Overcoming Depression: A Step-by-Step Approach to Gaining Control Over Depression*

“Anxiety Free, by the internationally renowned Dr. Robert L. Leahy, provides us with a state-of-the art guide to overcoming anxiety. Written in his trademark accessible style, Dr. Leahy’s new book will help you develop your own self-help program, using the latest and most powerful techniques of cognitive therapy. His ingenious use of ‘rule-books’ immediately empowers you to know why you feel anxious and what you can do right now to overcome your fears. I highly recommend this excellent book.”

— Aaron T. Beck, M.D., Professor of Psychiatry, University of Pennsylvania

“If you have a problem with anxiety, this is the book for you. Anxiety Free provides detailed practical guidelines for understanding and overcoming all types of anxiety problems. You can trust this book.”

— Christopher G. Fairburn, M.D., Professor of Psychiatry, University of Oxford

“Robert L. Leahy has written a comprehensive and vital primer which offers hope for recovery to even the most severe cases of fear and anxiety. This well-crafted book is replete with self-diagnostic tools and easy-to-use, step-by-step scientific procedures for freeing oneself from the pain of anxiety. Anxiety Free is a pleasure to read and is full of many helpful case examples. It offers reassurance and hope to the millions who struggle with this crippling ailment. A must read for anyone who has ever experienced debilitating fear or anxiety.”

— Frank M. Dattilio, Ph.D., ABPP, Department of Psychiatry, Harvard Medical School

“Dr. Leahy has done it again. Drawing from recent and well-supported research findings, Leahy, speaking in understandable and appealing language, offers powerful suggestions for addressing myriad anxiety problems. Sufferers of chronic and debilitating anxiety can take heart in a uniquely helpful resource.”

— Douglas Mennin, Ph.D., Director, Yale Anxiety and Mood Services, Department of Psychology, Yale University

“With beautifully clear prose and great case illustrations, [Robert Leahy] brings to life the central issues

and theories involved in anxiety disorders. This book offers hope, and more importantly, it brings cutting-edge knowledge about treatment into the hands of the reader.”

— Sheri L. Johnson, Ph.D., Professor, Department of Psychology, University of California, Berkeley

“This is a masterful book written by a master clinician. [Leahy’s] straightforward and conversational style talks directly to the reader as if the reader was in his office. Even the most anxious person will find this book helpful, useful, and calming. Following his clear program and rules will help to put the anxiety demons to rest.”

— Arthur Freeman, Ed.D., author of *Woulda, Coulda, Shoulda . . .*

*“This book packs a potent therapeutic punch that sets new standards for self-help manuals. As in *The Worry Cure*, Leahy once again provides a masterful presentation of the latest treatment innovations but this time for all the major anxiety conditions. He writes in a clear, uncomplicated, conversational style that the reader will find highly informative and engaging. His explanations, clinical illustrations, and practical step-by-step instructions will transform how people think about and manage anxiety. *Anxiety Free* should be required reading for anyone who has struggled with anxiety.”*

— David Clark, Professor, Department of Psychology, University of New Brunswick

About the Author

Robert L. Leahy, Ph.D., is recognized as one of the most respected cognitive therapists, and is known internationally as a leading writer and speaker in the field cognitive therapy. For 25 years, Leahy has been practicing this revolutionary treatment to help free his patients from their struggle with anxiety. He holds a number of high-ranking positions in his field, including director of the American Institute for Cognitive Therapy, president of the International Association of Cognitive Psychotherapy, president of the Association for Behavioral and Cognitive Therapies, and president of the Academy of Cognitive Therapy. He is the author and editor of 15 books, including the best-selling *The Worry Cure*; and has been featured in *The New York Times Sunday Magazine*, *Forbes*, *Fortune*, *Newsweek*, *Psychology Today*, *Washington Post*, *Redbook*, *Shape*, *First for Women*, *Women’s Health*, *Self*, and *USA Today Magazine*. He has also appeared on national and local radio and television including *20/20*, *Good Morning America*, and *The Early Show*.

Users Review

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Hollie Hoffman:

Why don't make it to be your habit? Right now, try to ready your time to do the important take action, like looking for your favorite publication and reading a book. Beside you can solve your trouble; you can add your knowledge by the e-book entitled *Anxiety Free: Unravel Your Fears Before They Unravel You*. Try to the actual book *Anxiety Free: Unravel Your Fears Before They Unravel You* as your close friend. It means that it can being your friend when you experience alone and beside regarding course make you smarter than before. Yeah, it is very fortunated in your case. The book makes you much more confidence because you can know every thing by the book. So , we should make new experience and also knowledge with this book.

Nelson Wyatt:

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Leon Moses:

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Sean Owens:

Typically the book Anxiety Free: Unravel Your Fears Before They Unravel You has a lot of information on it. So when you read this book you can get a lot of gain. The book was authored by the very famous author. The writer makes some research ahead of write this book. This book very easy to read you will get the point easily after reading this article book.

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