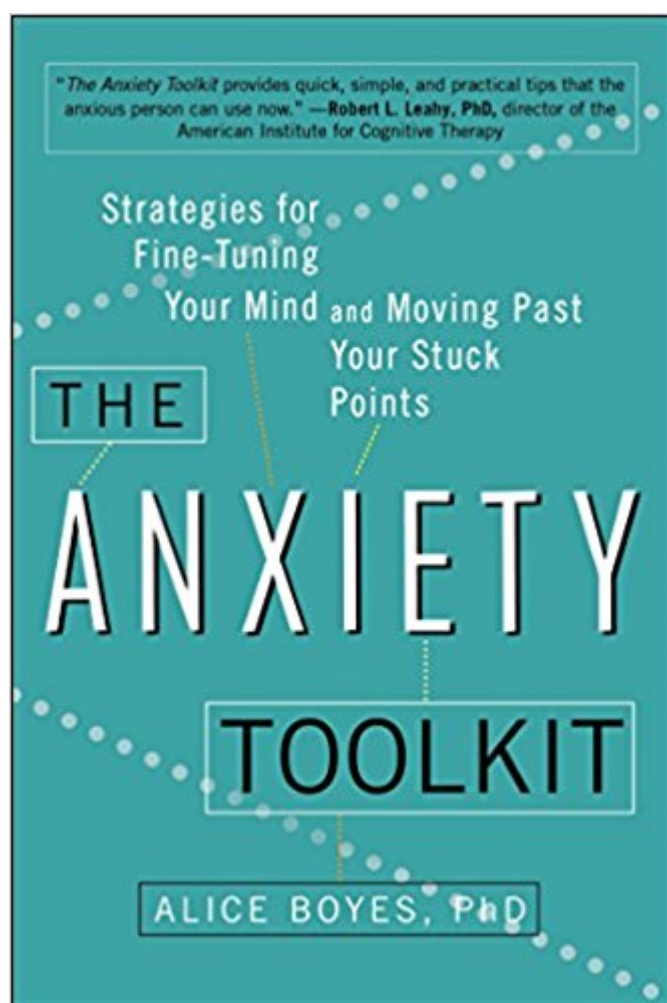


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# The Anxiety Toolkit: Strategies For Fine-Tuning Your Mind And Moving Past Your Stuck Points



## Synopsis

Do you overthink before taking action? Are you prone to making negative predictions? Do you worry about the worst that could happen? Do you take negative feedback very hard? Are you self-critical? Does anything less than perfect performance feel like failure? If any of these issues resonate with you, you're probably suffering from some degree of anxiety, and you're not alone. The good news: while reducing your anxiety level to zero isn't possible or useful (anxiety can actually be helpful!), you can learn to successfully manage symptoms - such as excessive rumination, hesitation, fear of criticism and paralyzing perfection. In *The Anxiety Toolkit*, Dr. Alice Boyes translates powerful, evidence-based tools used in therapy clinics into tips and tricks you can employ in everyday life. Whether you have an anxiety disorder, or are just anxiety-prone by nature, you'll discover how anxiety works, strategies to help you cope with common anxiety 'stuck' points and a confidence that - anxious or not - you have all the tools you need to succeed in life and work.

## Book Information

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## Customer Reviews

“The Anxiety Toolkit provides quick, simple and practical tips that the anxious person can use now.”  
• Robert L. Leahy, Ph.D., Director, American Institute for Cognitive Therapy  
“In this innovative handbook, Dr. Boyes identifies common habits that underlie different types of anxiety. She then offers clear strategies to drop the fight and become more gentle with ourselves. If anxiety has limited your life in any way, this book is an excellent place to start the healing process.”  
• Christopher Germer, PhD, Clinical Instructor, Harvard

Medical School; Co-editor, Mindfulness and Psychotherapy; author, *The Mindful Path to Self-Compassion* — “The Anxiety Toolkit is an investment in wellness. Based on years of clinical practice and research, Dr. Alice Boyes has written a real-world roadmap for all of us who struggle with making decisions and feeling stuck.” — Chris Guillebeau, New York Times bestselling author of *The Happiness of Pursuit* and *The \$100 Startup* — “Buying self-help books is much like buying furniture that requires assembly---the picture on the cover always looks great but what really matters is the clarity and usability of the instructions inside. Alice Boyes’ mastery at breaking down psychological concepts and strategies into easy-to-understand clear steps anyone can apply, the many self-assessment quizzes she provides, and the overall thoroughness of her approach makes *The Anxiety Toolkit* an incredibly useful and practical book. If you suffer from anxiety or think you might and are serious about changing how it impacts your life, this is the book for you!” — Guy Winch, Ph.D., author of *Emotional First Aid* and *The Squeaky Wheel* — “I have read many books on how to manage and work with anxiety. This might be the most powerful and accessible. Why? Because every strategy in here is based on the best scientific evidence available. Many readers will improve the quality of their lives with this toolkit.” — Dr. Todd B. Kashdan, author of *OK: The Upside of Your Dark Side: Why being your whole self - not just your “good” self - drives success and fulfillment* “An easy-to-follow...workbook on understanding and managing anxiety...Boyes’ tone is friendly but never saccharine, and endlessly practical. Her tips and exercises, drawn from cognitive behavioral therapies that she herself has administered, should make a valuable reference for anxiety sufferers, and an ideal companion to readers undergoing psychotherapy themselves.” — Publishers Weekly “Therapist Boyes’ “toolkit” is filled with “nuts-and-bolts” remedies for combating anxiety-driven inertia. Boyes, who claims that she, too, has been “anxiety-prone,” begins by explaining that anxiety itself isn’t the problem. It can actually be beneficial by making us more cautious and methodical in our tasks. The problem lies in how we become trapped by our real or perceived fears and are unable to act. Boyes concentrates on five areas — hesitancy, rumination and worry, perfectionism, fear of feedback, and avoidance — where anxiety can lead to bottlenecks. She begins each chapter with a quiz, allowing readers to gauge their needs, and then offers “experiments” suggesting specific, safe breakthrough techniques such as visualizing positive alternative outcomes or remembering successes. The therapist takes care to suggest nonthreatening options and to remind readers that working with their tendencies, not against them, delivers greater results. Far from the pat “don’t worry, be happy” approach, Boyes’ practical, easy-to-follow methods will be reassuring and useful to a wide range of readers.” — Booklist

Dr. Alice Boyes is an emotions expert and a popular blogger for Psychology Today. Her research has been published by The American Psychological Association.

I like this book on anxiety. I read a lot of reviews that said the author gets her message across and it's true. She has good suggestions which I'm trying to follow. I haven't been able to devote enough time to doing a lot of work on my anxiety yet, but the stuff I've tried had some positive results. Anxiety has been with me since a young age so I keep finding ways to work on it. I will update my review in a few months.

I'm an HR person who purchased this book to help me and our team of busy staff with the day to day anxieties of life. The layout is easy to use and tips real, sensible and easy to grasp. Even if you only used a few of them, there is information in here that if applied can significantly change people's lives. I very rarely write a review on and do read a lot of books. Would be amazing if educational institutions caught on to the value of this type of learning for kids at an early age. Buy this book and you won't be disappointed.

Great book with great ideas for how to help yourself through anxiety and panic. I don't usually buy books because there aren't many I need to read more than once, but this one seemed like it would be a helpful reference to have.

This is a very useful book for those with anxiety Disorders. It helps my daughter

The book has a calm and caring tone, with many practical suggestions. As the title suggests it tries to present tools for the reader's use in everyday life.

This is the best hands on Anxiety book I've found yet. The author has included practical exercises which help reduce anxiety. I recommend it to anyone suffering from anxiety. (That's most of us today.)

Great book/workbook for anyone dealing with anxiety. Practical and very applicable suggestions that will enable you to take control of your anxiety. Dr. Boyes suggests science-based proven techniques to reduce your anxiety and prevent it from inhibiting or limiting you. A really useful

well-written book that is worth every penny!

this is a great book, i've yet to finish it but when i read the book i felt very hopeful and confident that I can push through my anxiety. it features a gentle and uplifting approach that is a very fast read and it understands what you are going through as the author admits to having a nervous personality as well. she points out a lot of ways that you can shift your negative thinking into positive ones.

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