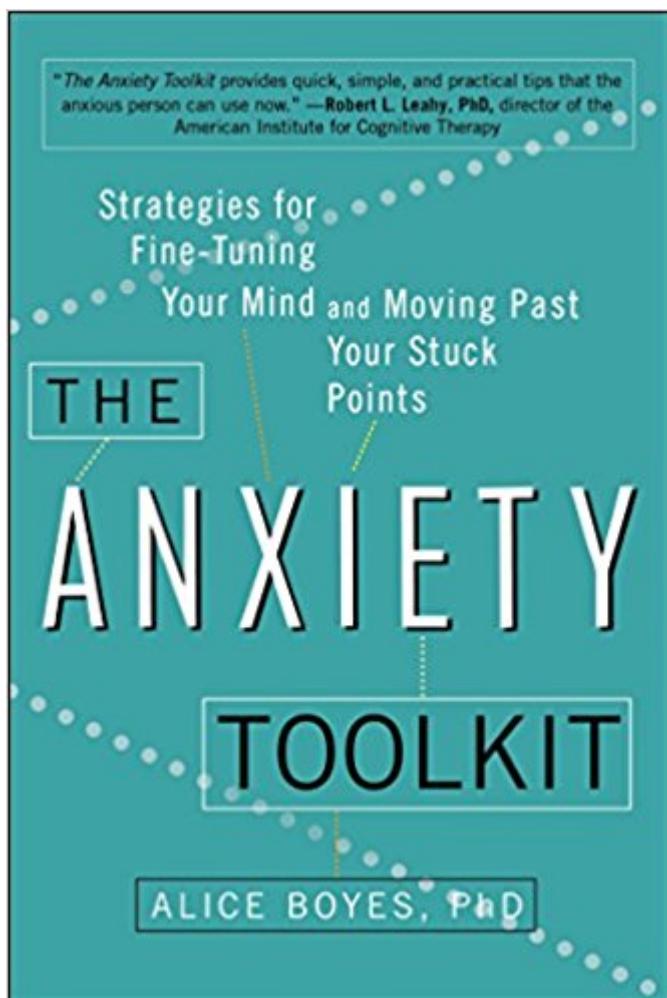


The book was found

# 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 paralysing 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

Self-help books contain a lot of advice, but can be hard to apply to our lives. *The Anxiety Toolkit* is different. It focuses on what we can do, right now, to make our lives better. The book is uniquely interactive: Dr. Boyes doesn't lecture us; instead, she invites us to participate by taking valuable (and often fun) self-assessment quizzes that help us pinpoint the ways in which we self-sabotage our happiness. Dr. Boyes then discusses practical strategies "backed by sound research" to free ourselves from being slaves to anxiety. This book teaches us how to live life fully.

You won't be disappointed.

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.)

If you tend to be a worrier, a perfectionist and are self-critical, this book is for you! Dr. Boyes shares her own experience of being "anxiety-prone" so she knows what's it's like to get stuck in your thoughts. She also brings her years of clinical and research experience to show you how to get unstuck. She shows you how to work with your personality, not fight it. Her writing is down-to-earth and easy to read. There are so many practical tips and strategies, you can dip in and out of the book and find exactly what you need.

I was out of my mind with anxiety and panic attacks when I found this book. I'm bipolar and had gotten so screwed-up with medication changes that I became majorly depressed. Along with depression I started having SERIOUS panic attacks. I was wishing to die. My psychiatrist told me, that medication can help but I was going to need to do my part in changing my mindset. I started searching the Internet and found this book. I think this book did more for me than any drugs could have. My mind kept telling me lies and they were complete reality as far as I was concerned. I thought I had to gain control of my mind or I would need to go on disability. Seriously!

I haven't bought the book I found it at the library. I suffer from severe anxiety and panic attacks, accompanied with agoraphobia. This book has so many tips and it's helping me understand that I'm not "crazy" I would recommend this to anyone with anxiety or panic disorders!

The Anxiety Toolkit is one of the most practically useful books on the subject of Anxiety to come out in a very long time. Dr. Boyes is able to provide easy-to-apply strategies that anyone can use to realistically improve wherever anxiety effects us. Her unique approach allows the reader to choose how/when they want to evolve, while descriptions of her own personal experience with anxiety provide additional proof that she has lived what she is teaching. As a Psychotherapist I STRONGLY recommend this uniquely useful resource.

I really enjoyed reading this it was full of useful tips. They have been starting to pop into my head on

occasion and I think that was her goal from the start. Also, it should have been a quick read but I ended up going back and taking notes so it read kinda also. Also wish there was an audio version.

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.

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