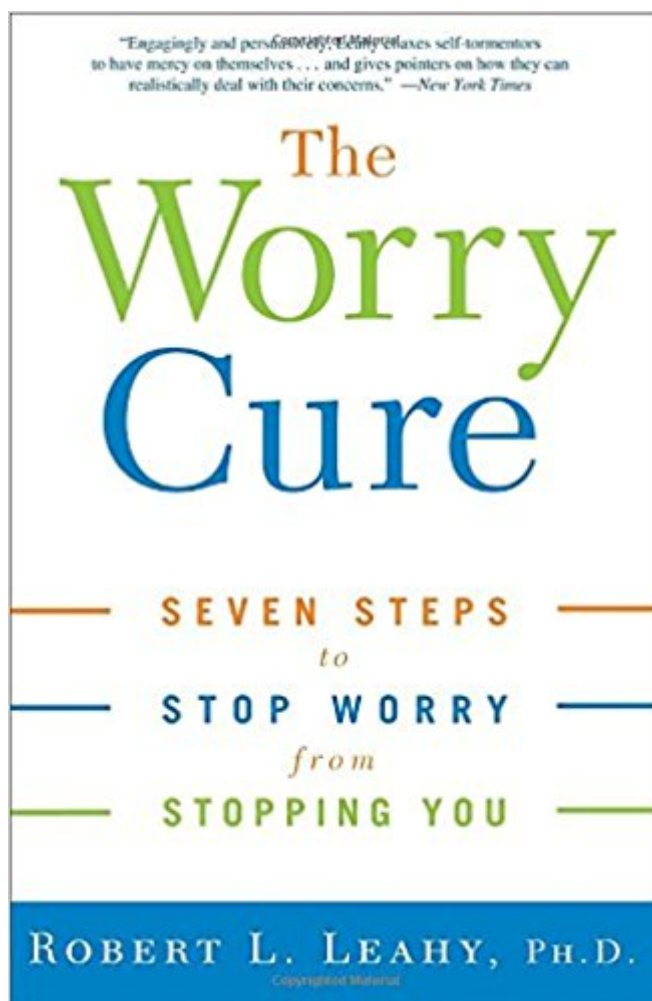


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# The Worry Cure: Seven Steps To Stop Worry From Stopping You



## Synopsis

The comprehensive approach to help you identify, challenge, and overcome all types of worry. You wish you didn't spend as much time worrying as you do, but you just can't seem to help it. Worrying feels like second nature. It's what helps you solve your problems and prevents you from making mistakes. It's what motivates you to be prepared—if you didn't worry, things might get out of hand. Worry protects you, prepares you, and keeps you safe. Is it working? Or is it making you tense, tired, anxious, uncertain—and more worried? For more than twenty-five years, Dr. Robert L. Leahy has successfully helped thousands of people defeat the worry that is holding them back. This empowering seven-step program, including practical, easy-to-follow advice and techniques, will help you:

- Determine your worry profile and change your patterns of worry
- Identify productive and unproductive worry
- Take control of time and eliminate the sense of urgency that keeps you anxious
- Focus on new opportunities—not on your fear of failure
- Embrace uncertainty instead of searching for perfect solutions
- Stop the most common safety behaviors that you think make things better—but actually make things worse

Designed to address general worries as well as the unique issues surrounding some of the most common areas of worry—relationships, health, money, work, and the need for approval—The Worry Cure is for everyone, from the chronic worrier to the occasional ruminator. It's time to stop thinking you're just a worrier—who can't change and start using the groundbreaking methods in The Worry Cure to achieve the healthier, more successful life you deserve.

## Book Information

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## Customer Reviews

For "highly worried people," or those who suffer from the "what-if disease," Leahy (president of the International Association of Cognitive Therapy and author of *Cognitive Therapy Techniques: A Practitioner's Guide*) presents a systematic, accessible self-help guide to gaining control over debilitating anxiety. Leahy is an expert in changing thought processes, and he walks worriers step-by-step through problems in the way they think, with pointers on how to change these biases. For self-assessment, he provides several questionnaires to take your worry profile, including estimations of your, personal beliefs on self and relationships, and your ability to tolerate uncertainty. The author then outlines a seven-step worry-reduction plan: beginning with identifying productive and unproductive worry, progressing to improving skills for accepting reality, challenging worried thinking and learning to harness unpleasant emotions such as fear or anger. With numerous examples, Leahy also covers the broad life anxieties that may spark dysfunctional thinking: relationships, health, money and work. Following Leahy's steps involves keeping emotion diaries, answering a battery of questions to monitor and challenge worries and maintaining regular vigilance over your thoughts. Those who can summon the discipline and commitment to stick to Leahy's program might find some relief. Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. --This text refers to an out of print or unavailable edition of this title.

Selected as one of the top 8 self-help books of all-time in *SELF Magazine*—Dr. Leahy's *The Worry Cure* should have been titled, *Seven Simple Steps to a Stress-Free Life*. This book offers practical and powerful tools to reverse your worry and transform the quality of your life.

- "Anthony Robbins, author of *Awaken the Giant Within* and *Unlimited Power*—Highly instructive and accessible . . . Worriers will find relief here.
- "Janis Abrahms Spring, Ph.D., author of *After the Affair* and *How Can I Forgive You?*—I heartily recommend this book to everybody who is worried . . . and that includes practically all of us. Eminent psychologist Dr. Robert L. Leahy has designed an easy-to-follow program pinpointing unproductive worries across the broad spectrum of relationships, work, health, and finances. In elegant style, he shows how to neutralize and even eliminate them.
- "Aaron T. Beck, M.D., president of the Beck Institute for Cognitive Therapy and Research and university professor emeritus of psychiatry at the University of Pennsylvania—An excellent book. The self-assessment questionnaires narrow down each reader's personal domains of worry, giving them a leg up on making life-altering changes, and the easy-to-understand step-by-step procedures for overcoming worry provide useful tools that are research-based.
- "Monica Ramirez Basco, Ph.D., author of *Never Good Enough* and coauthor of *Getting Your Life Back*—Clear and easy to follow . . . like having Dr. Leahy, one of the foremost psychologists in the

world, as your personal therapist. His superb insights and understanding of worry allow him to reasonably and logically address this often unreasonable and illogical problem. • • "Arthur Freeman, Ed.D., A.B.P.P., coauthor of *Woulda, Coulda, Shoulda and The 10 Dumbest Mistakes Smart People Make and How to Avoid Them* • Compelling, informative, and highly accessible. This book is certain to become the standard in assisting those who worry achieve fuller, healthier lives. • • "Douglas Mennin, director of the Yale Anxiety and Mood Services • A must-read . . . During a time when society is under more stress than ever comes this comprehensive book written by one of the world's most noted authorities. Packed with clinical advice in a practical style, it addresses everyone from the occasional worrywart to some of the most severe types of ruminators. • • "Frank M. Dattilio, Ph.D., A.B.P.P., department of psychiatry, Harvard Medical School"Engagingly and persuasively [Leahy] coaxes self-tormentors to have mercy on themselves. Rather than offering palliatives, like 'be more positive,' or 'try to get your mind off it,' he acknowledges that many chronic worriers • including the subset he calls 'defensive pessimists' • want to worry, and are superstitious that, if they fail to worry, they will jinx themselves. Instead he recommends that they manage their fears by scheduling regular freakout sessions, and gives pointers on how they can realistically deal with their concerns. [The Worry Cure's] seven chapters offer self-testing personality profiles, case study parables, and Dr. Leahy's analyses to help readers identify their stumbling blocks and learn how to hurdle them. This crash course in gnosis is followed by five chapters on common fixations like 'What if nobody likes me?' 'What if my lover leaves me?' and 'What if I really am sick?' You may or may not turn out to be the unlovable outcast you fear you are, but that's beside the point. 'Worry more effectively,' the author says; and remember that it's your parents who really ought to be stressed out. After all, you are their fault." • "New York Times Styles From the Hardcover edition.

This may be the best self improvement book I've ever read. Very much to the point, filled with insightful and useful information.

As someone prone to daily worry, this book helped me get things into perspective, and the mere reading of it helped me feel more calm. I suppose a lot can be said of a book's power to make us feel as if we're taking a proactive step to fix a problem. Sometimes that has more power than even the information in the book. A worthwhile read for those like me, who are prone to worry about what will happen.

I am skeptical about buying any book that proclaims to cure anything. I am a health care professional and I bought this book as well as listened to it on audio. It's a three hour listen and well worth the time. Of course being a worrier I multitasked while listening, but I did listen and I reflected inwardly as I listened. This book is interactive where as most books, just lead you through a bunch of writing exercises and examples of other people's situation without explaining the example. The author explains each example in detail and then tells you what is wrong and what is right also how to apply the concepts. The ten steps are easy to implement and accomplish immediately. I was able to follow along and practice the 10 steps immediately as the examples resonated with a lot current events that I am experiencing. I have practiced these steps for 5 days now and my anxiety has dialed down 90 percent. I have even put it to the test in a relationship situation and it was very effective. I look forward to what it can do in a months time and a year. I have an active imagination and I create lots of distortions about varied life situations and I am now able to dispute these thoughts and dismiss them as unproductive thinking. I have had several therapist over the last 8 years and none have helped. I have bought a plethora of self help books and after reading them felt lost and dismayed . This book has worked for me and I wish that I had found it before I spent thousands of dollars only to be disappointed.

Definitely inspired some new thoughts on worry, it's properties, and how to handle/react to/gain control of those properties, yet concentrated on examples of run of the mill "worries", and people who obsess over those types of things, not people who have a more sophisticated worry complex...one of a sometimes more difficult to define psychological depth. Worth a read, perhaps, only as a primer for those who seek to unburden their daily thoughts, yet aren't in dread of bankruptcy, how they look, or being alone after a breakup.

This book was to the point, and after reading about the seven steps, you could then choose to read about what specific worry pertains to you. You could also relate to which of the seven steps help the most.

As a person that has dealt with anxiety disorders since my teens, this book has been a huge help. I'm grateful my therapist recommended this book. It's helped me gain a new perspective on how I view many of life's challenges. I especially liked the health anxiety section. It nailed me to a T!

I've been taking medicine for depression for years now, yet I still worry constantly. I decided when I

started worrying about my future kids' futures that enough was enough. I've realized from this book that I also have generalized anxiety disorder (worrying constantly-a symptom my doctor said goes with depression and said you can't get rid of it) and many of the worries talked about in this book are exactly what i do. I haven't completely finished reading it yet, but so far it is the most helpful self-help book I've ever read. It's really an eye opener and I just love the worry tests he has, these are very valuable to understand how you worry. I can't wait to finish the book and I do hope I can be successful and stop worrying since I know now that it doesn't do me any good like I thought it did. I've found through this book that I've got an immense fear of uncertainty and he touches on this problem a lot which I like. I would recommend this book to anyone and everyone that is a constant worrier like I am. I've been a worrier as long as I can remember and it is finally time to enjoy life with the help of this book. The book really puts it all in perspective and forces you to realize that worrying constantly does not make you better prepared for the negative in life or any surprises that may crop up.

This books has been extremely for my healing. It offers effective methods for overcoming anxiety and stories and case studies to show you how to put them into action. It opened my eyes to many issues I had for overcoming my anxiety that other books did not touch. It is also a very funny book, but never belittled the reader or their anxiety. I am very grateful for this book. If you are struggling with anxiety, as I have for almost twenty years, you will be well served adding this book to your healing collection.

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