



# Worry Less, Live More: The Mindful Way through Anxiety Workbook

By Susan M. Orsillo PhD, Lizabeth Roemer PhD

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Do you ever feel like you want more from your life--but get scared or overwhelmed by the idea of making changes? For many, worry, fear, or negativity are stumbling blocks that can be extraordinarily difficult to overcome. This effective workbook provides a blueprint to help you move through painful emotions without being ruled by them. Vivid stories of others who have struggled with anxiety are accompanied by meditation and acceptance practices and step-by-step exercises that build self-knowledge and self-compassion (you can download and print additional copies of the worksheets as needed). Armed with a deeper understanding of what you really value, you can break free of the common traps that leave people feeling stuck--and dare to live the life you really want. Audio downloads of the mindfulness practices, narrated by the authors, are provided at [www.guilford.com/orsillo2-materials](http://www.guilford.com/orsillo2-materials).

See also the authors' *Mindful Way through Anxiety*, which explains mindfulness techniques in greater detail. *Worry Less, Live More* can be used on its own or as the perfect way to expand on and enhance the lessons of the first book using a step-by-step approach.

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## Editorial Review

### Review

"This wonderfully no-nonsense book provides multiple ways to help free yourself from chronic worry and anxiety. Thoroughly grounded in science, yet engaging and easy to understand, this is an important roadmap for leading a happier and more fulfilling life."--Kristin Neff, PhD, author of *Self-Compassion*

"This book will help you move seamlessly along a path of personal transformation. The beauty of the authors' approach is that it combines mindful awareness with taking action to pursue what you value. For anyone seeking relief from worry, this is among the best guides I have seen."--Zindel V. Segal, PhD, coauthor of *The Mindful Way through Depression*

"Taking a step-by-step approach, this well-written workbook will help people struggling with anxiety and worry to get unstuck and start living again."--Steven C. Hayes, PhD, author of *Get Out of Your Mind and Into Your Life*

"When we are struggling with worry or fear, we often try to stop doing so through sheer force of will. This book offers a different path. Drs. Orsillo and Roemer show us the way to change our responses to what we feel and do, and infuse the present moment with curiosity and compassion. If you repeat these simple strategies, you can dare to choose the future you want--and put together a life you love."--Reid Wilson, PhD, author of *Stopping the Noise in Your Head*

"The pace of life is quickening and challenges abound--it's hard to stop worrying about what's going to happen next. Now we have an easy-to-use workbook on how to regain control of our lives by practicing mindful awareness. Written by two of the world's experts on this topic, this book can help you slow down and regain your capacity for joy."--David H. Barlow, PhD, ABPP, coauthor of *10 Steps to Mastering Stress*

"Having suffered from anxiety all of my life, I have read many books on how to cope. This is one of the few books that integrates cognitive-behavioral therapy, mindfulness, and acceptance-based techniques, and shows how to apply their wisdom in daily life. I highly recommend it."--Rajesh V.

### About the Author

Susan M. Orsillo, PhD, is Professor of Psychology at Suffolk University in Boston.

Lizabeth Roemer, PhD, is Professor of Psychology at the University of Massachusetts Boston.

Drs. Orsillo and Roemer have written and published extensively about anxiety, emotions, psychotherapy, mindfulness, and values-based actions and have been involved in anxiety disorders research and treatment for more than 25 years. They are coauthors of the bestselling *The Mindful Way through Anxiety*. With funding from the National Institutes of Health, they spent 15 years developing and refining the treatment approach that is the basis of this book. Their website is [www.mindfulwaythroughanxiety.com](http://www.mindfulwaythroughanxiety.com).

## Users Review

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#### **Antoinette Hagen:**

The feeling that you get from Worry Less, Live More: The Mindful Way through Anxiety Workbook is a more deep you searching the information that hide inside words the more you get serious about reading it. It does not mean that this book is hard to understand but Worry Less, Live More: The Mindful Way through Anxiety Workbook giving you enjoyment feeling of reading. The article author conveys their point in selected way that can be understood by simply anyone who read the idea because the author of this publication is well-known enough. That book also makes your own personal vocabulary increase well. That makes it easy to understand then can go along with you, both in printed or e-book style are available. We highly recommend you for having that Worry Less, Live More: The Mindful Way through Anxiety Workbook instantly.

#### **Cheryl Alexander:**

Playing with family in a park, coming to see the ocean world or hanging out with buddies is thing that usually you could have done when you have spare time, and then why you don't try thing that really opposite from that. One activity that make you not sensation tired but still relaxing, trilling like on roller coaster you already been ride on and with addition of knowledge. Even you love Worry Less, Live More: The Mindful Way through Anxiety Workbook, it is possible to enjoy both. It is good combination right, you still desire to miss it? What kind of hangout type is it? Oh can occur its mind hangout fellas. What? Still don't obtain it, oh

come on its referred to as reading friends.

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