



# The Mindfulness and Acceptance Workbook for Anxiety: A Guide to Breaking Free from Anxiety, Phobias, and Worry Using Acceptance and Commitment Therapy

By John P. Forsyth PhD, Georg H. Eifert PhD

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Is anxiety and fear a problem for you? Have you tried to win the war with your anxious mind and body, only to end up feeling frustrated, powerless, and stuck? If so, you're not alone. But there is a way forward, a path into genuine happiness, and a way back into living the kind of life you so desperately want. This workbook will help you get started on this new journey today!

Now in its second edition, *The Mindfulness and Acceptance Workbook for Anxiety* offers a new approach to your anxiety, fears, and your life. Within its pages, you'll find a powerful and tested set of tools and strategies to help you gain freedom from fear, trauma, worry, and all the many manifestations of anxiety and fear. The book offers an empowering approach to help you create the kind of life you so desperately want to live.

Based on a revolutionary approach to psychological health and wellness called acceptance and commitment therapy (ACT), this fully revised and updated second edition offers compelling new exercises to help you create the conditions for your own genuine happiness and peace of mind. You'll learn how your mind can trap you, keeping you stuck and struggling in anxiety and fear. You'll also discover ways to nurture your capacity for acceptance, mindfulness, kindness, and compassion, and use these qualities to weaken the power of anxiety and fear so that you can gain the space to do what truly matters to you. Now is the time.

Nobody chooses anxiety. And there is no healthy way to "turn off" anxious thoughts and feelings like a light switch. But you can learn to break free from the shackles of anxiety and fear and take back your life. The purpose of this workbook is to help you do just that. Your life is calling on you to make that choice, and the skills in this workbook can help you make it happen. You can live better, more fully, and more richly with or without anxiety and fear. This

book will show you the way.

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Recent studies support for the effectiveness of ACT-based self-help workbooks as a low-cost treatment for people experiencing anxiety. (Ritzert, T., Forsyth, J. P., Berghoff, C. R., Boswell, J., & Eifert, G. H. (2016). Evaluating the effectiveness of ACT for anxiety disorders in a self-help context: Outcomes from a randomized wait-list controlled trial. *Behavior Therapy*, 47, 431-572.)

*This book has been awarded The Association for Behavioral and Cognitive Therapies Self-Help Seal of Merit — an award bestowed on outstanding self-help books that are consistent with cognitive behavioral therapy (CBT) principles and that incorporate scientifically tested strategies for overcoming mental health difficulties. Used alone or in conjunction with therapy, our books offer powerful tools readers can use to jump-start changes in their lives.*

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## **Editorial Review**

### Review

“*The Mindfulness and Acceptance Workbook for Anxiety* is so much more than the sum of its title. It’s a way to live, a way of being, and a way of bringing kindness and compassion to our lives and to the lives of those around us. In short, this is one of the most beautiful guidebooks toward life, and living a more heart-centered, kind, and compassion way, that I’ve ever seen. Take your time going through it, and do the homework, and see yourself shine! We all have magic inside, just waiting beneath our worries and concerns. This workbook helps you move those aside—or technically befriend them, which is pretty amazing—to unlock the magic and help you shine bright. Much more than a workbook, this is a kind and compassionate guide to life! I cannot recommend this book enough. It’s a life-changer!”

—**Michael Sandler**, host of the Inspire Nation Show, and author of *Barefoot Running*

“You have in your hands a wise and healing workbook that is based on a radical premise: fighting or resisting anxiety adds fuel to the fire; learning how to relate to it with mindful presence and compassion leads to true well-being. Filled with accessible, well-researched exercises and practices, this guide can free you to live from your full aliveness, heart, and potential.”

—**Tara Brach, PhD**, author of *Radical Acceptance* and *True Refuge*

“*The Mindfulness and Acceptance Workbook for Anxiety* combines the accumulated wisdom of the ages with up-to-date, cutting-edge developments in scientific psychology. In an easy-to-read and fun format, those suffering from anxiety in all of its guises will find the keys to breaking loose from its shackles. By emphasizing acceptance of toxic emotions (and illustrating ways to accomplish this) rather than struggling to overcome them, the person inside you may finally emerge to set your life on a new, productive, and valued course. Highly recommended for all those struggling with worry, anxiety, and fear.”

—**David H. Barlow, PhD**, founder and director emeritus of the Center for Anxiety and Related Disorders, professor of psychology and psychiatry at Boston University, and author of *Anxiety and Its Disorders*

“This book presents a tried-and-true approach to turning your life in a new direction. If you want to stop running, hiding, struggling, or just waiting for your life to start, this book will help show you how to start living, now. Clear guidance, beautifully presented. Highly recommended.”

—**Steven C. Hayes**, codeveloper of acceptance and commitment therapy (ACT), and author of *Get Out of Your Mind and Into Your Life*

“Aby surfing the dual currents of traditional exposure and acceptance-based treatments for anxiety, the authors of this resourceful workbook illustrate the synergies to be found in their combination. Carefully structured exercises and charts support the core message that taking action to face one’s fears is most effective if acceptance informs our starting point, and values determine our destination. This book is a ‘must-read’ for anyone encountering anxiety as a barrier to leading a fuller life.”

—**Zindel Segal, PhD**, distinguished professor of psychology in mood disorders at the University of Toronto,

Canada, and coauthor of *The Mindful Way Workbook*

“Go into any large bookstore and you will find numerous self-help books, promising much. This one delivers. With a combination of sound theory, new research, deep professional involvement, clear values, and a joyful communicative style, this second edition of Forsyth and Eifert’s highly acclaimed workbook is inspiring. Through principles of mindful self-reflection, acceptance, and compassion, the reader learns that the opposite of anxiety is not simply the absence of anxiety, but the experience of a more fulfilling life and a richer progression toward one’s personal goals. At a time of much uncertainty, distress, and horror in today’s world, this book offers a message to everyone, not simply those for whom fear is a specific barrier to personal happiness.”

—**Ian M. Evans**, professor emeritus of the school of psychology at Massey University, New Zealand, and author of *How and Why Thoughts Change*

“If anxiety and fear is a major problem in your life, this book is for you. In this well-written and thoroughly researched workbook, John Forsyth and Georg Eifert will take you on a journey to regain your life. Using concrete exercises and examples, you will learn new skills to develop a different kind of relationship with your anxiety and fear. As a result, you will learn how to become more accepting and compassionate with yourself, and to eventually release the demons that have kept you from living a life worth living. Life is beautiful. Start this journey now.”

—**Stefan G. Hofmann, PhD**, professor of psychology at Boston University, and author of *Emotion in Therapy*

“In this fully updated and expanded edition of their best-selling workbook, Forsyth and Eifert show how giving up your attempts to control anxiety and fear will help you to leave your anxiety problems behind and get on with your life. In the years since the first edition, a number of studies have demonstrated the benefits of the approach described in this practical and clearly written book. I recommend this new edition for anyone who struggles with anxiety.”

—**Martin M. Antony, PhD, ABPP**, professor of psychology at Ryerson University, Canada, and coauthor of *The Shyness and Social Anxiety Workbook*

“This is the definitive handbook for how to reduce the suffering that stems from anxiety-related problems. More importantly, the authors offer readers a perfect blend of lucidity, kindness, research-based knowledge, and concrete strategies such that readers walk away with the skills to live a successful life.”

—**Todd B. Kashdan, PhD**, professor of psychology at George Mason University, and coauthor of *The Upside of Your Dark Side*

“Steeped in the rich tradition of psychological theory, *The Mindfulness and Acceptance Workbook for Anxiety* by Forsyth and Eifert represents a major advance for the practical treatment of anxiety and related conditions. This book will assist clinicians and patients in constructing a treatment plan that insures progress in overcoming the many obstacles associated with conquering fears. A major contribution to clinical care, this workbook will contribute to the growing knowledge base on acceptance and commitment therapy (ACT), joining other evidence-based approaches as a major tool for treating the disabling symptoms that accompany anxiety. This reference book belongs in every clinician’s library.”

—**Terence M. Keane, PhD**, director of the behavioral science division of the National Center for PTSD, and

professor of psychiatry and assistant dean for research at Boston University School of Medicine

#### About the Author

**John P. Forsyth, PhD**, is an internationally renowned author and speaker in the fields of acceptance and commitment therapy (ACT), mindfulness practices, and self-development and growth. For over twenty years, his writings, teachings, and research have focused on developing ACT and mindfulness practices to alleviate human suffering, awaken the human spirit, and nurture psychological health and vitality. His personal journey and experience, balanced with practical insights grounded in scientific evidence, offers hope to those wishing to find a path out of suffering and into wholeness.

He has coauthored several popular ACT books, including *Acceptance and Commitment Therapy for Anxiety Disorders* for mental health professionals, and three self-help books for the public: *The Mindfulness and Acceptance Workbook for Anxiety*, *ACT on Life Not on Anger*, and *Your Life on Purpose*.

Forsyth holds a doctorate in clinical psychology, and is professor of psychology and director of the Anxiety Disorders Research Program at the University at Albany, SUNY, in Upstate New York. He is a licensed clinical psychologist in New York, with expertise in the use and application of ACT for several forms of psychological and emotional suffering. He is also a widely sought-after ACT trainer and consultant, and serves as a senior editor of the ACT book series with New Harbinger Publications.

Forsyth regularly gives inspirational talks and practical workshops to the public and professionals in the United States and abroad, and offers ACT trainings at the Omega Institute for Holistic Studies in Rhinebeck, NY, where he serves as a member of the teaching faculty. He is known to infuse his teaching and trainings with energy, humility, and compassion, and his down-to-earth workshops are consistently praised for their clarity, depth, and utility. Collectively, Forsyth's work has helped foster growing interest in acceptance and mindfulness in psychology, mental health, medicine, and society.

**Georg H. Eifert, PhD**, is an internationally recognized author, scientist, speaker, and trainer in the use of acceptance and commitment therapy (ACT), an integrative approach balancing mindful acceptance, change, and compassion to foster psychological health and wellness. He is also professor emeritus of psychology at Chapman University in Orange County, CA, where he was previously department chair and associate dean of health sciences. He has won numerous awards for his research, teaching, and writing contributions. He is also a licensed clinical psychologist.

As an active developer, researcher, and practitioner of ACT and transcendental meditation (TM), Eifert is coauthor of several popular books, including the highly praised practitioner's treatment guide, *Acceptance and Commitment Therapy for Anxiety Disorders*, as well as several ACT books for the public: *ACT on Life Not on Anger*, *Your Life on Purpose*, and *The Anorexia Workbook*. He has also authored and coauthored several books in German.

Eifert regularly gives workshops and talks around the world, teaching ACT to both the public and professionals to help people end psychological suffering and lead more fulfilling lives. His workshops have been praised as inspiring, humorous, and empowering, and are renowned for their authenticity, clarity, and practical usefulness.

## **Users Review**

### **From reader reviews:**

#### **Alma Bulger:**

Do you really one of the book lovers? If yes, do you ever feeling doubt while you are in the book store? Attempt to pick one book that you find out the inside because don't assess book by its include may doesn't work at this point is difficult job because you are frightened that the inside maybe not seeing that fantastic as in the outside look likes. Maybe you answer could be The Mindfulness and Acceptance Workbook for Anxiety: A Guide to Breaking Free from Anxiety, Phobias, and Worry Using Acceptance and Commitment Therapy why because the great cover that make you consider in regards to the content will not disappoint anyone. The inside or content is actually fantastic as the outside or even cover. Your reading 6th sense will directly guide you to pick up this book.

#### **John Beaulieu:**

With this era which is the greater person or who has ability in doing something more are more valuable than other. Do you want to become one of it? It is just simple strategy to have that. What you are related is just spending your time very little but quite enough to have a look at some books. One of the books in the top listing in your reading list is definitely The Mindfulness and Acceptance Workbook for Anxiety: A Guide to Breaking Free from Anxiety, Phobias, and Worry Using Acceptance and Commitment Therapy. This book and that is qualified as The Hungry Mountains can get you closer in turning out to be precious person. By looking way up and review this book you can get many advantages.

#### **Chad Davis:**

As we know that book is significant thing to add our information for everything. By a reserve we can know everything we wish. A book is a group of written, printed, illustrated as well as blank sheet. Every year was exactly added. This reserve The Mindfulness and Acceptance Workbook for Anxiety: A Guide to Breaking Free from Anxiety, Phobias, and Worry Using Acceptance and Commitment Therapy was filled concerning science. Spend your extra time to add your knowledge about your science competence. Some people has diverse feel when they reading some sort of book. If you know how big advantage of a book, you can truly feel enjoy to read a book. In the modern era like at this point, many ways to get book that you simply wanted.

#### **Tonya Quick:**

That e-book can make you to feel relax. This kind of book The Mindfulness and Acceptance Workbook for Anxiety: A Guide to Breaking Free from Anxiety, Phobias, and Worry Using Acceptance and Commitment Therapy was vibrant and of course has pictures on the website. As we know that book The Mindfulness and Acceptance Workbook for Anxiety: A Guide to Breaking Free from Anxiety, Phobias, and Worry Using Acceptance and Commitment Therapy has many kinds or variety. Start from kids until teenagers. For example Naruto or Investigator Conan you can read and think that you are the character on there. Therefore not at all of book are generally make you bored, any it offers you feel happy, fun and relax. Try to choose the



best book for yourself and try to like reading which.

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