



## 10 Simple Solutions to Worry: How to Calm Your Mind, Relax Your Body, and Reclaim Your Life (The New Harbinger Ten Simple Solutions Series)

By Kevin L. Gyoerkoe, Pamela S. Wiegartz

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We all worry about things from time to time, but some of us just can't seem to stop expecting the worst—even when our expectations are very unlikely to occur. This condition, chronic worry, is disruptive all by itself, and it can lead to other, more serious anxiety problems. This little book—the fifth in New Harbinger's *Ten Simple Solution* series—offers a handful of easy and effective techniques for getting rid of worry once and for all.

Drawing on powerful psychotherapeutic techniques, **10 Simple Solutions to Worry** is a succinct resource of cognitive-behavioral techniques for controlling worry and reducing stress. Exercises include self-assessments, motivation builders, relaxation training, and cognitive restructuring. After identifying and changing the negative thoughts that result in worry, you'll learn to replace worry behaviors with other, more positive and constructive activities.

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## **Editorial Review**

### Review

#### From the Publisher

Two anxiety experts team up to provide readers with these ten simple, engaging, proven-effective cognitive behavioral strategies to combat excessive worry, an energy-sapping condition that often leads to more serious anxiety-related problems.

#### About the Author

Kevin L. Gyoerkoe, PsyD, is codirector of the Anxiety and Agoraphobia Treatment Center, a clinic specializing in treating anxiety with cognitive behavioral therapy (CBT). He is an assistant professor at the Chicago School of Professional Psychology, where he teaches courses on CBT. Gyoerkoe is certified by the Academy of Cognitive Therapy and serves on the scientific advisory board of OCD Chicago. He is coauthor of **10 Simple Solutions to Worry**.

Pamela S. Wiegartz, PhD, was an associate professor at the University of Illinois at Chicago where she taught courses on cognitive behavioral therapy (CBT) and directed the obsessive-compulsive disorder (OCD) clinic for over a decade. She is a certified fellow of the Academy of Cognitive Therapy and serves on the scientific advisory board of OCD Chicago. Wiegartz is also actively involved in clinical research and is a cognitive behavioral consultant on grant-funded projects related to perinatal depression management and self-care. A licensed clinical psychologist, she maintains a practice dedicated to treating individuals with anxiety disorders in the greater Boston area. She is coauthor of **10 Simple Solutions to Worry**. Visit her online at [www.anxietyandocdtreatment.com](http://www.anxietyandocdtreatment.com).

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### **From reader reviews:**

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**George Pinard:**

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