
A NEW HARRINGER SELF-HELP WORKBOOK

THE GENERALIZED ANXIETY DISORDER WORKBOOK

A Comprehensive CBT Guide for Coping
with Uncertainty, Worry, and Fear

Cognitive Behavioral Strategies to:

- ✓ Identify different types of worry
- ✓ Understand what keeps the worry cycle going
- ✓ Target the fear of uncertainty
- ✓ Challenge core fears
- ✓ Create a relapse-prevention plan

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FOREWORD BY

MARTIN M. ANTONY, PhD

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