



The Anxiety Toolkit: Strategies for Fine-Tuning Your Mind and Moving Past Your Stuck Points

Alice Boyes Ph.D

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Do you overthink before taking action? Are you prone to making negative predictions? Do you worry about the worst that could happen? Do you take negative feedback very hard? Are you self-critical? Does anything less than perfect performance feel like failure?

If any of these issues resonate with you, you're probably suffering from some degree of anxiety, and you're not alone. The good news: while reducing your anxiety level to zero isn't possible or useful (anxiety can actually be helpful!), you can learn to successfully manage symptoms - such as excessive rumination, hesitation, fear of criticism and paralysing perfection.

In *The Anxiety Toolkit*, Dr. Alice Boyes translates powerful, evidence-based tools used in therapy clinics into tips and tricks you can employ in everyday life. Whether you have an anxiety disorder, or are just anxiety-prone by nature, you'll discover how anxiety works, strategies to help you cope with common anxiety 'stuck' points and a confidence that - anxious or not - you have all the tools you need to succeed in life and work.

From the Trade Paperback edition.

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From reader reviews:

Vance Malik:

People live in this new time of lifestyle always make an effort to and must have the time or they will get lot of stress from both everyday life and work. So , whenever we ask do people have extra time, we will say absolutely without a doubt. People is human not only a robot. Then we question again, what kind of activity are there when the spare time coming to anyone of course your answer will certainly unlimited right. Then do you try this one, reading publications. It can be your alternative in spending your spare time, the particular book you have read is The Anxiety Toolkit: Strategies for Fine-Tuning Your Mind and Moving Past Your Stuck Points.

Mary Manzo:

Playing with family in a very park, coming to see the water world or hanging out with pals is thing that usually you have done when you have spare time, after that why you don't try issue that really opposite from that. Just one activity that make you not feeling tired but still relaxing, trilling like on roller coaster you already been ride on and with addition details. Even you love The Anxiety Toolkit: Strategies for Fine-Tuning Your Mind and Moving Past Your Stuck Points, it is possible to enjoy both. It is good combination right, you still need to miss it? What kind of hang type is it? Oh occur its mind hangout folks. What? Still don't buy it, oh come on its known as reading friends.

Catherine Benavidez:

Beside this The Anxiety Toolkit: Strategies for Fine-Tuning Your Mind and Moving Past Your Stuck Points in your phone, it might give you a way to get closer to the new knowledge or information. The information and the knowledge you can got here is fresh from oven so don't be worry if you feel like an old people live in narrow community. It is good thing to have The Anxiety Toolkit: Strategies for Fine-Tuning Your Mind and Moving Past Your Stuck Points because this book offers for you readable information. Do you oftentimes have book but you seldom get what it's interesting features of. Oh come on, that won't happen if you have this with your hand. The Enjoyable agreement here cannot be questionable, just like treasuring beautiful island. Techniques you still want to miss the item? Find this book and also read it from now!

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