Self-Help: Anxiety, OCD & PTSD

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BOOKS:
Getting Over OCD: A 10-Step Workbook for Taking Back Your Life
The Anti-Anxiety Workbook: Proven Strategies to Overcome Worry, Phobias, Panic, and Obsessions
The Shyness & Social Anxiety Workbook: Proven, Step-by-Step Techniques for Overcoming Your Fear
When Panic Attacks: The New, Drug-Free Anxiety Therapy That Can Change Your Life
The Post Traumatic Stress Disorder Relationship: How to Support Your Partner and Keep Your Relationship Healthy
The OCD Workbook: Your Guide to Breaking Free from Obsessive-Compulsive Disorder
The Cognitive Behavioral Workbook for Anxiety: A Step-by-Step Program
Freedom From Fear: Overcoming Anxiety, Phobias and Panic
Painfully Shy: How to Overcome Social Anxiety and Reclaim Your Life
I Can't Get over It: A Handbook for Trauma Survivors
The Human War: PTSD Recovery Guide for Returning Soldiers
The Post-Traumatic Stress Disorder Sourcebook: A Guide to Healing, Recovery, and Growth
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Books



Getting Over OCD: A 10-Step Workbook for Taking Back Your Life
by Jonathan S. Abramowitz
Just imagine: No more obsessional thoughts and compulsive behaviors. No more planning your day around avoiding certain situations. You can get over OCD—and join the thousands of people who are living freer, happier lives thanks to the clinically proven strategies in this book. Noted OCD specialist Dr. Jonathan Abramowitz provides the information, support, and practical tools you need to:
• Understand your obsessions, compulsions, and rituals
• Develop a customized action plan
• Take gradual steps to safely confront—and master—the situations you avoid
• Find relief from intrusive thoughts, no matter how distressing
• Overcome compulsion urges
• Reduce anxiety and improve your relationships
Based on cognitive-behavioral therapy, the most effective treatment for OCD, the workbook's carefully sequenced exercises are illustrated with detailed examples. Ready to get over OCD? Your journey starts here.



The Anti-Anxiety Workbook: Proven Strategies to Overcome Worry, Phobias, Panic, and Obsessions
by Martin M. Antony
Recent breakthroughs in the study and treatment of anxiety are empowering countless people to find relief from chronic fears, worrying, phobias, and obsessions. This inviting workbook shows how. The state-of-the-art program presented here is grounded in cognitive-behavioral therapy, the most effective treatment for anxiety. No matter what type of anxiety problem you suffer from, leading experts Drs. Martin M. Antony and Peter J. Norton provide an unrivaled toolkit of proven strategies to help you:
• Understand what anxiety is and how it gets out of control
• Identify your anxiety triggers
• Change the beliefs and behaviors that make symptoms worse
• Develop a safe, gradual plan for confronting feared situations
• Learn the facts about medications and herbal remedies
• Achieve a new level of calm with relaxation and meditation techniques
• Find the right professional help, if and when you need it
Vivid, practical examples illustrate how to put the book's science-based techniques into action, and effective problem-solving tips ease you through the rough spots in recovery. If you're ready to take back your life from anxiety, you've come to the right place.



The Shyness & Social Anxiety Workbook: Proven, Step-by-Step Techniques for Overcoming Your Fear
by Martin M. Antony
This comprehensive new edition of The Shyness and Social Anxiety Workbook includes techniques for overcoming social phobia, including treatments for anxiety-related problems such as interpersonal psychotherapy, acceptance and commitment therapy, and relaxation and meditation-based treatments, as well as updated information on medications.

When Panic Attacks: The New, Drug-Free Anxiety Therapy That Can Change Your Life
by David D. Burns
Are you plagued by fears, phobias, or panic attacks? Do you toss and turn at night with a knot in your stomach, worrying about your job, your family, work, your health, or relationships? Do you suffer from crippling shyness, obsessive doubts, or feelings of insecurity?
What you may not realize is that these fears are almost never based on reality. Anxiety is one of the world's oldest cons. When you're anxious, you're actually fooling yourself. You are telling yourself things that simply aren't true. See if you can recognize yourself in any of these distortions:
• All-or-Nothing Thinking: "My mind will go blank when I give my presentation at work, and everyone will think I'm an idiot."
• Fortune Telling: "I just know I'll freeze up and blow it when I take my test."
• Mind Reading: "Everyone at this party can see how nervous I am."
• Magnification: "Flying is so dangerous. I think this plane is going to crash!"
• Should Statements: "I shouldn't be so anxious and insecure. Other people don't feel this way."
• Emotional Reasoning: "I feel like I'm on the verge of cracking up!"
• Self-Blame: "What's wrong with me? I'm such a loser!"
• Mental Filter: "Why can't I get anything done? My life seems like one long procrastination."
Now imagine what it be like to live a life that's free of worries and self-doubt; to go to sleep at night feeling peaceful and relaxed; to overcome your shyness and have fun with other people;to give dynamic presentations without worrying yourself sick ahead of time; to enjoy greater creativity, productivity and self-confidence.
Does that sound impossible? The truth is you can defeat your fears. In When Panic Attacks, Dr. Burns takes you by the hand and shows you how to overcome every conceivable kind of anxiety. In fact, you will learn how to use more than forty simple, effective techniques, and the moment you put the lie to the distorted thoughts that plague you, your fears will immediately disappear. Dr. Burns also shares the latest research on the drugs commonly prescribed for anxiety and depression and explains why they may sometimes do more harm than good.
This is not pop psychology but proven, fast-acting techniques that have been shown to be more effective than medications. When Panic Attacks is an indispensable handbook for anyone who's worried sick and sick of worrying.



The Post Traumatic Stress Disorder Relationship: How to Support Your Partner and Keep Your Relationship Healthy
by Diane England
War, physical and sexual abuse, and natural disasters. All crises have one thing in common: Victims often suffer from post-traumatic stress disorder (PTSD) and their loved ones suffer right along with them. In this book, couples will learn how to have a healthy relationship, in spite of a stressful and debilitating disorder. They'll learn how to:
• Deal with emotions regarding their partner's PTSD
• Talk about the traumatic event(s)
• Communicate about the effects of PTSD to their children
• Handle sexual relations when a PTSD partner has suffered a traumatic sexual event
• Help their partner cope with everyday life issues
When someone has gone through a traumatic event in his or her life, he or she needs a partner more than ever. This is the complete guide to keeping the relationship strong and helping both partners recover in happy, healthy ways.



The OCD Workbook: Your Guide to Breaking Free from Obsessive-Compulsive Disorder
by Bruce Hyman, Cherry Pedrick
Once thought to be a comparatively rare mental illness, obsessive-compulsive disorder (OCD) is now known to affect about two out of every 100 Americans. OCD has recently attracted considerable media attention, including numerous major news magazine articles, television news program reports, and coverage in popular culture—notably in the UPN television series Monk. Because of this higher profile, more and more people struggling with the disorder are recognizing their symptoms, looking for information on the problem, and seeking treatment.
OCD behaviors can take a number of forms; compulsive washing, checking, hoarding, and obsessive thoughts are among the better known. Individuals with OCD can experience significant reduction in quality of life because of the disorder. They may lose the ability to work, to function socially, or even to accomplish basic tasks like shopping and driving. The good news is that a number of treatment options have proven effective at controlling OCD. This book is a great place for anyone with OCD to start looking for help.
Since its first publication in 1999, the OCD Workbook has become among the most trusted and recommended OCD resources available. More than 40,000 copies have provided help and hope to people with the disorder, and therapists have come to regard the book as a useful adjunct to their private practices. This fully revised and expanded edition includes new findings on the causes of OCD, including genetic research. It offers information on treatment options including neurosurgery, new medications, and a whole new chapter on day-to-day coping strategies for people with OCD. The new edition includes expanded coverage of related disorders like body dysmorphic disorder, trichotillomania, and skin picking. New material on relapse prevention, OCD in children, and family involvement in OCD round out this important book.



The Cognitive Behavioral Workbook for Anxiety: A Step-by-Step Program
by William J. Knaus
When anxious feelings spiral out of control, they can drain your energy and prevent you from living the life you want. If you're ready to stop letting your anxiety have the upper hand, The Cognitive Behavioral Workbook for Anxiety can help. This workbook offers a step-by-step program you can use, on your own or with a therapist, to end anxiety and get back to living a rich and productive life.
With this book, you'll develop a personal plan using techniques from rational emotive behavior therapy (REBT) and cognitive behavioral therapy (CBT), powerful treatment methods proven to be even more effective in the long term than anxiety medication. You'll learn to recognize your anxiety triggers, develop skills to stop anxious thoughts before they get out of control, and stop needless fears from coming back.
The powerful tools in this book will help you:
• Silence the irrational thoughts that trigger anxiety
• Create a personal plan to overcome excessive fears and worries
• Stop expecting perfection from yourself and start feeling confident
• Calm yourself when panic takes hold
• Defeat depression and other conditions that often occur with anxiety
• Build self-esteem
• Track your symptoms and maintain your progress



Freedom From Fear: Overcoming Anxiety, Phobias and Panic
by MD Howard Liebgold
In Freedom from Fear, Dr. Howard Liebgold, M.D., a psychiatrist who overcame a claustrophobic condition that lasted 31 years, reveals the techniques that he has used to help thousands of patients to conquer their fears. In the course of just a few weeks, everyone suffering from acute phobias will learn simple but powerful methods for the cure of their symptoms and how to stop panic attacks. Finally, even the most anxiety-ridden will learn the strategies and coping mechanisms to gently and safely overcome devastating, constricting fears or obsessive compulsive behaviors. By following this ten-week, step-by-step program, readers will learn to:
• Understand the nature of phobias
• Design a personalized strategy to conquer their fears
• Understand and practice non-avoidance
• Develop a mutual support system
• Follow sound nutrition and exercise practices
• Master relaxation techniques
• Freedom from Fear is the first book on phobias written by a physician who suffered and recovered from crippling phobias.



Painfully Shy: How to Overcome Social Anxiety and Reclaim Your Life
by Barbara G. Markway
For the 17 million Americans suffering from social anxiety disorder, a resource that can help them to overcome this heartbreaking illness.
Individuals with social anxiety disorder are often called "shy" or "awkward," but such pat diagnoses don't do justice to this phobia that afflicts millions, and can lead to clinical depression and alcohol and drug dependency.
Essential reading for those who suffer from this disorder, as well as the people close to them, Painfully Shy will:
• Guide the reader in the use of therapies and techniques that will allow them to master social anxiety and shyness
• Offer counsel in the use of herbal and pharmacological therapy
• Outline important questions for the reader's doctor.
Written in an accessible style, using case histories from the authors' practices, Painfully Shy offers an important, much?needed first step on the road to recovering from this devastating illness.



I Can't Get over It: A Handbook for Trauma Survivors
by Aphrodite Matsakis
I Can't Get Over It directly addresses survivors of trauma. It explains the nature of SD and describes the healing process. This book will help you find out whether you have PTSD; cope with post-traumatic anger, grief, and survivor guilt; recognize related problems such as depression, substance abuse, compulsive behavior, and low self-esteem; identify "triggers" that set off flashbacks, anxiety attacks, and other symptoms; relieve wounding caused by others' blaming and insensitivity; and gain a sense of empowerment and hope for the future.



The Human War: PTSD Recovery Guide for Returning Soldiers
by Douglas H Ruben PhD
Army leaders are expressing increased alarm about the mental health of soldiers sent back to the front again and again under duress. Among combat troops sent to Iraq for the third or fourth time, more than one in four show signs of anxiety, depression or acute stress, all symptoms of PTSD. Other soldiers poorly adjust when they get home. This self-help manual provides urgent relief to the soldiers of long and multiple deployments in Iraq or just retuning home. Chapters are first-aid kits of fast, practical and effective strategies to defuse stress and feel emotionally alive again.



The Post-Traumatic Stress Disorder Sourcebook: A Guide to Healing, Recovery, and Growth
by Glenn R. Schiraldi
Describes post-traumatic stress disorder (PTSD) and its baffling symptoms, and describes a range of options for self-managing symptoms, from breathing retraining to anger management techniques. Details a wide variety of treatment techniques, and gives advice on coping with setbacks and exploring positive aspects of life, such as intimacy, pleasure, and humor. Includes a list of agencies and support groups. The author has served on the stress management faculties at the Pentagon and the University of Maryland, and has written several books on mental and physical health.



After the War Zone: A Practical Guide for Returning Troops and Their Families
by Laurie B. Slone
A highly practical, user-friendly guide to homecoming-including common after-effects of war zone exposure and how to cope-for returning troops and their families.



The PTSD Workbook: Simple, Effective Techniques for Overcoming Traumatic Stress Symptoms
by Mary Beth Williams
Post-traumatic stress disorder is an extremely debilitating condition that can occur after exposure to a terrifying event or ordeal. In The PTSD Workbook, readers determine the type of trauma they experienced, identify their physical, mental, and emotional symptoms, and learn effective techniques and interventions to overcome them. They start with the exercise best suited to relieve their worst symptom then progress to less troubling symptoms, picking up key information about PTSD along the way.

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