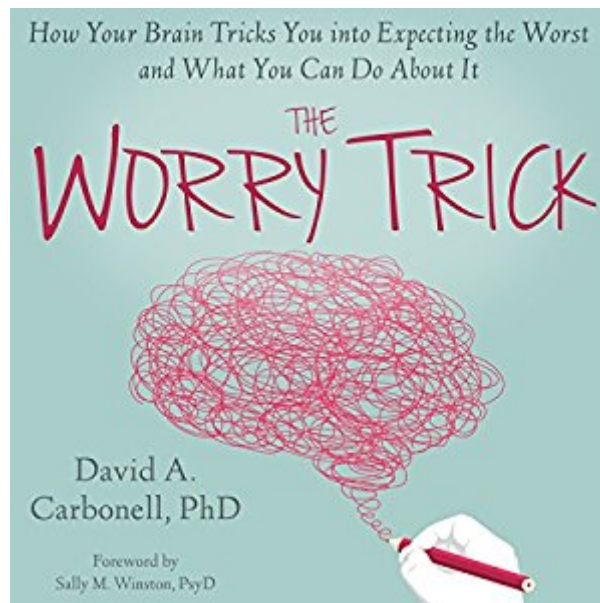




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The Worry Trick: How Your Brain Tricks You Into Expecting The Worst And What You Can Do About It



Synopsis

Are you truly in danger or has your brain simply "tricked" you into thinking you are? In *The Worry Trick*, psychologist and anxiety expert David Carbonell shows how anxiety hijacks the brain and offers effective techniques to help you break the cycle of worry, once and for all. Anxiety is a powerful force. It makes us question ourselves and our decisions, causes us to worry about the future, and fills our days with dread and emotional turbulence. Based in acceptance and commitment therapy (ACT) and cognitive behavioral therapy (CBT), this audiobook is designed to help you break the cycle of worry. Worry convinces us there's danger, and then tricks us into getting into fight, flight, or freeze mode - even when there is no danger. The techniques in this audiobook, rather than encouraging you to avoid or try to resist anxiety, show you how to see the trick that underlies your anxious thoughts, and how avoidance can backfire and make anxiety worse. If you're ready to start observing your anxious feelings with distance and clarity - rather than getting tricked once again - this audiobook will show you how.

Book Information

Audible Audio Edition

Listening Length: 6 hours 11 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Wetware Media

Audible.com Release Date: June 22, 2016

Language: English

ASIN: B01HDXCV12

Best Sellers Rank: #1 in Books > Health, Fitness & Dieting > Mental Health > Anxiety

Disorders #1 in Books > Self-Help > Anxieties & Phobias #2 in Books > Health, Fitness & Dieting > Psychology & Counseling > Pathologies

Customer Reviews

I love this book. The key to ending worry and anxiety suffering is to stop fighting and let those feelings be there. That might sound crazy, but it's true. The book explains how a natural function of the brain is to scout for/imagine danger so that it can be avoided. That's what brains do. Genetics and training (doesn't matter which--so don't obsess about figuring it out) makes some people do this even more than others. The important part is to learn that if one does have a brain so inclined that the more one fights it, the more the brain is going to fight back and the worse the situation will get.

One must accept "oh yeah, there's my brain doing its anxiety thing" and then go on with life without trying to make it go away. The paradoxical truth is that then there is the greatest chance that it actually will go away. Nutty but then constant worry is a nutty thing. This book can cure it. You'll still worry, but you'll understand what's happening and not let it ruin your life. Frees up lots of space to live and enjoy, rather than obsessively seek perfect mind control--which cannot happen because of the design of the mind.

4 stars for service which is always consistent. As far as this book, It wasn't for me. The purpose of this book is to help those who suffer from worrying about improbable and unforeseeable events such as being involved in a plane crash or the diagnosis of a rare terminal illness, etc. I worry about real things that have happened and how to deal with my real and present problems which are stressful. This book does not address that kind of worry, so it is not for me. It seemed like a very well written book by a well informed man so I think it would be helpful to those who suffer from this kind of worry.

The best self-help book I've read in a long time and I read a lot of them! Very well written and has many new perspectives!

I didn't know what to expect but going forward I expect it will help me put my worry in a better context.

Excellent. Makes technical and clinical information conversational and accessible to most people. This book is a real gift for anxiety sufferers.

This was a very well written and effective book. It won't solve all your problems, but if you put these suggestions to practice you will see results.

Helpful. Interesting new perspective.

A great book and an easy read! I like Carbonell's humor and gives you great tricks to help when you are going through a worry cycle. I also have his panic workbook which is more hands on. I like them both. I deal with cycles of worry and anxiety as well as panic attacks. He helps you to realize the signs and ways to turn those thoughts around. I recommend both of his books.

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