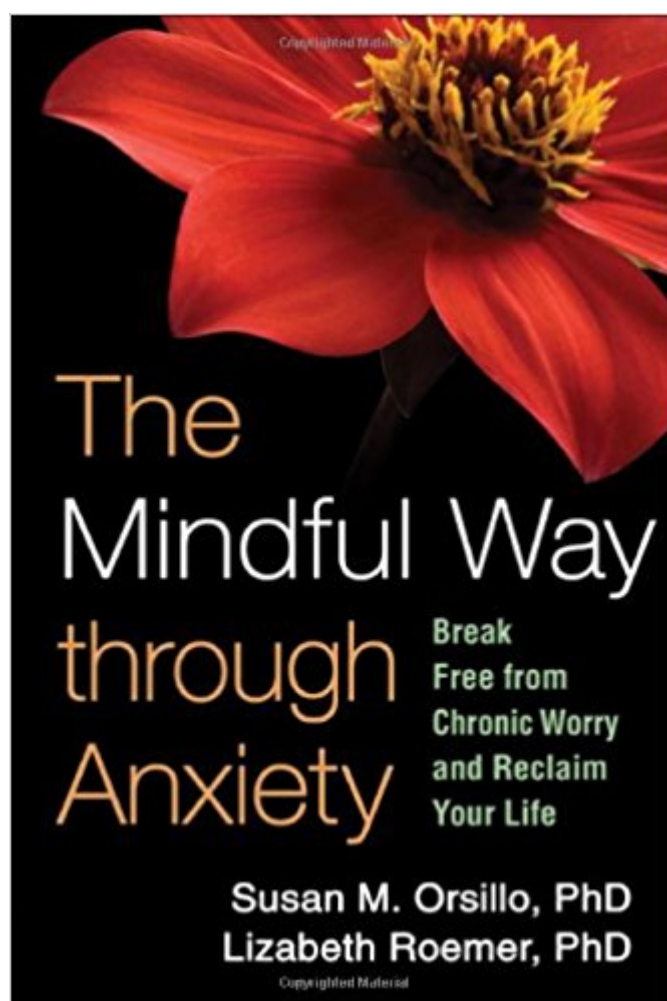


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# The Mindful Way Through Anxiety: Break Free From Chronic Worry And Reclaim Your Life



## Synopsis

You can't just "get over" anxiety. In fact, the very things most people do to try to feel better--avoiding feared situations, pushing worry out of mind--only make the problem worse. Leading psychologists Susan M. Orsillo and Lizabeth Roemer present a powerful new alternative that can help you break free of anxiety by fundamentally changing how you relate to it. With clarity and compassion, this book describes clinically tested mindfulness practices specifically tailored for anxiety in its many forms. Learn step-by-step strategies for gaining awareness of anxious feelings without letting them escalate; loosening the grip of worry and fear; and achieving a new level of emotional and physical well-being. Free audio downloads of mindfulness exercises are available at [www.guilford.com/orsillo-materials](http://www.guilford.com/orsillo-materials). Association for Behavioral and Cognitive Therapies (ABCT) Self-Help Book of Merit

## Book Information

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## Customer Reviews

"Potentially of great benefit to anyone suffering from anxiety in this era of relentless drivenness, social isolation, stress, and perpetual digital distraction. The authors' wise counsel based on their own clinical experience and research, coupled with vivid stories of their own and other people's lives, provides compelling evidence for why mindfulness is so important in reclaiming your life, and effective guidance in how to go about it in meaningful and very practical ways."--Jon Kabat-Zinn, PhD, coauthor of *The Mindful Way Through Depression* "Anxiety is an emotion that begs us to mishandle it through worry and rumination. In a careful, step-by-step fashion, Drs. Orsillo

and Roemer show you how to use mindfulness to break free from the grip of anxiety and move forward now toward the kind of life you want to live."--Steven C. Hayes, PhD, author of *Get Out of Your Mind and Into Your Life* ã ã "Whether you suffer from milder worries or a clinical disorder, this book shows you a clear, scientifically validated path toward feeling better. Lots of books propose to teach how to beat anxiety. Some are good, others less so. *The Mindful Way through Anxiety* is destined to be one of the best. Drs. Orsillo and Roemer are renowned experts in the science of beating anxiety, and their book is readable, informative, and practical."--David F. Tolin, PhD, coauthor of *Buried in Treasures: Help for Compulsive Acquiring, Saving, and Hoarding* ã ã "This book is user friendly, practical, and quite comprehensive. Readers will benefit greatly from the insights and exercises provided in these pages."--Sharon Salzberg, author of *Lovingkindness* ã ã "If you're looking for a fresh way of relating to--and healing--anxiety, you'll find this book an invaluable guide. The authors bring alive the path of mindfulness in a clear and accessible way."--Tara Brach, PhD, author of *Radical Acceptance* "In the Alice in Wonderland world of emotions, anxiety is the Red Queen--always a future threat and sometimes a present danger. This superb book shows how mindfulness can help ease the ravages of anxiety. Nobody knows more about this topic than Drs. Orsillo and Roemer, and their approach will be a godsend for many."--David H. Barlow, PhD, ABPP, Professor of Psychology and Psychiatry, Boston University, and Founder and Director Emeritus, Center for Anxiety and Related Disorders ã ã "By far the most sophisticated and engaging guide I have seen on mindfulness and anxiety. This book is a gem. Two of the field's most knowledgeable and creative experts skillfully take you on a journey into the hidden corners of your anxious mind. With a seamless blend of interesting stories, state-of-the-art research, and exercises, this book leads you step by step toward a fuller, more meaningful life. It is an excellent resource for anyone who seeks a path to freedom from anxiety and stress."--Christopher K. Germer, PhD, author of *The Mindful Path to Self-Compassion* "This is an informative and highly practical book....Can be used as a self-help resource or as an adjunct to working with a therapist to develop mindfulness skills....Offers many case examples, stories, and quizzes." (Nursing Standard 2011-01-20) "Orsillo and Roemer painstakingly lay out the habits of mind that contribute to our suffering. They also provide a compelling, evidence-based argument for bringing mindfulness and self-compassion to these habits. The authors illustrate each point with creative metaphors and clear, relatable case studies that help the reader recognize that their suffering is not so different from others'. The authors also anticipate and address common questions, misconceptions, and reservations in Q&A format throughout the book....Grounded not just in traditional mindfulness practices, but also in Acceptance and Commitment Therapy (ACT)."

(Shambhala Sun 2011-01-20)"By far the most sophisticated and engaging guide I have seen on mindfulness and anxiety. This book is a gem. Two of the field's most knowledgeable and creative experts skillfully take you on a journey into the hidden corners of your anxious mind. With a seamless blend of interesting stories, state-of-the-art research, and exercises, this book leads you step by step toward a fuller, more meaningful life. It is an excellent resource for anyone who seeks a path to freedom from anxiety and stress. -Christopher K. Germer, PhD, author of The Mindful Path to Self" (Compassion 2011-01-20)

Susan M. Orsillo, PhD, is Professor of Psychology at Suffolk University in Boston. Elizabeth Roemer, PhD, is Professor of Psychology at the University of Massachusetts Boston. Drs. Orsillo and Roemer have written and published extensively about anxiety, emotions, psychotherapy, mindfulness, and values-based actions and have been involved in anxiety disorders research and treatment for more than 25 years. With funding from the National Institutes of Health, they spent 15 years developing and refining the treatment approach that is the basis of this book and their related resource, *Worry Less, Live More: The Mindful Way through Anxiety Workbook*. Their website is [www.mindfulwaythroughanxiety.com](http://www.mindfulwaythroughanxiety.com).

I love this book. I'm also going to buy the companion workbook. I've been try to live more mindfully anyway but this book helps keep it in perspective with my anxiety issues. And I can use more targeted practice when dealing with anxiety. There are exercises throughout the book. You can go at your own pace. And the exercises build on each other as you get more proficient though you're not limited to doing the book in order.

I've read lots of books about mindfulness, anxiety, and how to do it/deal with it. This book is a most comprehensive combination of the two subjects, dealing with the pitfalls and varied circumstances that make mindfulness less than effective when anxiety pulls out it's full bag of tricks. The authors obviously have deep experience helping folks change their unwanted patterns. Mindfulness, I've found, can bring great calm and clarity when consistently practiced. This the authors support by thoroughly explaining the how our clever minds avoid what we fear even though it's what we really want to do. They offer many examples in each chapter and exercises to help one experience each step of practicing consistent mindfulness. I recognized many of my own anxiety avoidance strategies and am finding the exercises very helpful in using mindfulness to become aware of them and find better alternative.

This book is so practical and timely. There are effective, easy ways to get anxiety to loosen its hold on your life. This book demonstrates why and how they work. I recommend this book regularly to women who are looking for real answers to anxiety.

The ideas are good but the language is academic and difficult to decipher in an audio format. After half an hour I could not bear to listen to any more of it. I am not naive but do I need to be a psychologist to appreciate these methods?

As a therapist learning to use mindfulness- and acceptance-based behavioral therapies, I find this book to be an extremely useful resource for my clients, and personally. It is a helpful way for clients to read and reflect on topics discussed in treatment. It is also a fantastic reminder for myself as therapist, in terms of incorporating these principles into my own life. Thank you!

Out of all the books, all the therapy, all the exercise...supplements....diet...etc THIS HAS BEEN LIFE-ALTERING.

This last summer my wife was diagnosed with "early on-set dementia -- probable Alzheimer's" and she became extremely fearful of her future. This book, along with one other -- Alzheimer's from the Inside Out -- gave her a sense of being able to work through and find doable solutions to overcoming the anxiety that rushed upon her from such a diagnosis. As a Counselor I find the book and easy read with positive anecdotes and step by step options for working through stress and anxiety for many people.

I struggled with GAD and depression and have found this book more helpful than my anti-depressant. The tools described and presented here have been indispensable to finding relief and hope for managing by mood and anxiety into the future. I real blessing to anyone suffering.

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