



# How to Beat Worry and Generalised Anxiety Disorder One Step at a Time: Using evidence-based low-intensity CBT

*Marie Chellingsworth, Paul Farrand*

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Improving Access to Psychological Therapies (IAPT), initiated in 2008, has made psychological therapy more accessible to those in need. This series of self-help titles is the first to be created specifically for low-intensity IAPT and all titles follow an evidence-based cognitive behavioural therapy (CBT) approach which is the treatment of choice for depression and anxiety disorders. All titles are written by authors with considerable experience in the field of CBT self-help research, training and clinical practice.

This book is the perfect resource for helping you to beat worry or Generalised Anxiety Disorder, either by yourself or in conjunction with the support of an IAPT service. The book is written in a friendly, engaging (and jargon-free!) style and encourages interactive reading through tables, illustrations and worksheets. Real-life case studies illustrate the use of each intervention and demonstrate how you can work through your anxiety.

The book teaches you effective CBT techniques for managing your worry more effectively and releasing tension through Progressive Muscle Relaxation.

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