



The Compassionate-Mind Guide to Overcoming Anxiety: Using Compassion-Focused Therapy to Calm Worry, Panic, and Fear (The New Harbinger Compassion-Focused Therapy Series)

By Dennis Tirch PhD

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Anxiety is not your fault. There are many factors that contribute to developing a mind that is prone to intense anxiety, and if you have such a mind, there are many things you can do to change the way it works. Research has shown that practicing kindness and compassion soothes experiences of fear, while self-critical thoughts tend to intensify them. If you become frustrated with your anxious reactions or consistently try to talk yourself out of your anxiety, it may be time to try a different approach.

The compassion-focused therapy (CFT) based program in *The Compassionate-Mind Guide to Overcoming Anxiety* will help you learn to be kinder to yourself while you soothe your anxious impulses. Complete with worksheets, exercises, and meditation practices, this book includes everything you need to learn mindfulness and compassion-focused skills for redirecting your anxious thoughts and allowing yourself to enjoy a more peaceful life.

By learning to be a compassionate witness to your own pain, you will also learn to be fully present in the moment, and develop healthier, more fluid ways of responding to life's struggles. This resourceful guide aims to help you understand the nature of your anxiety, the best ways of dealing with it, and how your mind can help you cope with it.

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- Sales Rank: #257177 in Books
- Brand: New Harbinger Publications
- Published on: 2012-06-01
- Original language: English
- Number of items: 1
- Dimensions: 9.25" h x 6.50" w x .75" l, .72 pounds
- Binding: Paperback
- 232 pages

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Editorial Review

Review

“Learning to treat yourself with kindness and compassion is like learning to place your feet firmly on the ground. If you are going to walk out of your struggle with anxiety, you need to regain your psychological footing, and this book will show you how. In a gentle, wise, and step-by-step way, it will help you establish self-compassion as a habit of mind and bring that healing quality to your thoughts and actions. Highly recommended.”

—Steven C. Hayes, PhD, author of *Get Out of Your Mind and Into Your Life*

“Easy to read, grounded in solid research, and filled with useful exercises, this book is a godsend for those who suffer from anxiety.”

—Kristin Neff, PhD, associate professor at the University of Texas at Austin and author of *Self-Compassion*

“Cognitive behavior therapy (CBT) has led the way in creating solid science-based treatments. Traditionally, CBT has been an action-oriented treatment, and that action orientation has produced a lot of benefits. More recently, CBT has begun to include more work focused on acceptance, mindfulness, and self-compassion. Dennis Tirch is a master of where CBT has been and of where CBT is going. In this book, you will find a broad contemporary understanding of anxiety and a host of very, very practical ways to come into a more compassionate relationship with anxiety. The book offers a different way of being with anxiety that will have implications in your life that extend well beyond anxiety. You can expect changes in your relationship with anxiety that offer a path to rich and engaged living.”

—Kelly G. Wilson, PhD, cofounder of acceptance and commitment therapy, associate professor at the University of Mississippi, and author of *Things Might Go Terribly, Horribly Wrong*

“Tirch writes with warmth and wisdom, as if he is speaking directly to you. He shows how compassion, mindfulness, and facing the difficulties of anxiety can bring personal growth. Filled with specific and powerful techniques, readers will find a new path to follow with a brilliant and compassionate guide. I highly recommend this book for all who suffer from anxiety.”

—Robert L. Leahy, PhD, director of The American Institute for Cognitive Therapy , clinical professor of psychology at Weill-Cornell University Medical College, and author of *The Worry Cure*

“A superb introduction to a revolutionary new way of dealing with anxiety. The reader is led on a compelling exploration of how the anxious mind works, followed by masterful exercises that tap our innate capacity for comfort and healing self-compassion. Seamlessly integrating important research and extensive clinical experience, the author speaks through the pages with the wise, gentle voice of experience. Go ahead, try it and see what happens!”

—Christopher K. Germer, PhD, clinical instructor at Harvard Medical School and author of *The Mindful Path to Self-Compassion*

“Writing in an informative, highly engaging manner, Tirch shares his considerable wisdom in both compassion-based practices and behavior therapy. He gives the reader practical and powerful tools for cultivating a sense of self-compassion in the face of anxiety. A genuine pleasure to read.”

—Douglas Mennin, associate professor at Hunter College of The City University of New York

“*The Compassionate-Mind Guide to Overcoming Anxiety* is one of the most practical and accessible books for living a meaningful life despite the presence of anxiety, panic, and worry. Expect to feel compelled toward action immediately.”

—Todd B. Kashdan, PhD, associate professor of psychology at George Mason University and author of *Curious? Discover the Missing Ingredient to a Fulfilling Life*

“*The Compassionate-Mind Guide to Overcoming Anxiety* is a remarkable integration of modern science and seasoned wisdom. Tirch’s accessible writing style draws you into learning about overcoming anxiety. He even weaves beer and cake, purple gorillas, and ten-thousand-year-old poems into his writing to help you embrace a richer understanding of the anxiety and compassion connection.”

—D.J. Moran, PhD, author of *ACT in Practice*

“*The Compassionate-Mind Guide to Overcoming Anxiety* thoughtfully addresses the experience of anxiety and is written with obvious care for the person who suffers from anxiety. Tirch’s personal style and client examples bring the book to life. This is an easy-to-understand read that paves a path to self-compassion that is engaging and wise.”

—Robyn D. Walser, PhD, coauthor of *The Mindful Couple*

“This book is an excellent resource for individuals suffering from anxiety. Using step-by-step strategies, Tirch systematically guides people to the invaluable tools they need to overcome their suffering and build a life filled with meaning. With wisdom and clarity, he shows how one can use compassion and mindfulness to face anxiety and bring about a fundamental life change. This book is truly a pleasure to read and will be an invaluable guide for anxiety sufferers.”

—Lata K. McGinn, PhD, coauthor of *Treatment of Obsessive Compulsive Disorder and Treatment Plans and Interventions for Anxiety and Depression*

About the Author

Dennis D. Tirch, PhD, is the Founding Director of the Center for Mindfulness and Compassion-Focused Therapy, President of The Compassionate Mind Foundation USA, and an Assistant Clinical Professor at Weill-Cornell Medical College. He is coauthor of books and articles on mindfulness, acceptance, and compassion, and maintains an active research program in these areas. Tirch is a fellow of the Academy of Cognitive Therapy, President of the NYC-CBT Association, and founding co-president of the New York City chapter of the Association for Contextual Behavioral Science.

Foreword writer **Paul Gilbert, PhD**, is a professor at the University of Derby in the United Kingdom, director of the mental health research unit at Derbyshire Mental Health Trust, founder of compassion-focused therapy, and author of *The Compassionate Mind*.

Users Review

From reader reviews:

Dorothy Payne:

Book is to be different per grade. Book for children until finally adult are different content. As it is known to us that book is very important usually. The book The Compassionate-Mind Guide to Overcoming Anxiety: Using Compassion-Focused Therapy to Calm Worry, Panic, and Fear (The New Harbinger Compassion-Focused Therapy Series) ended up being making you to know about other understanding and of course you can take more information. It doesn't matter what advantages for you. The e-book The Compassionate-Mind Guide to Overcoming Anxiety: Using Compassion-Focused Therapy to Calm Worry, Panic, and Fear (The New Harbinger Compassion-Focused Therapy Series) is not only giving you considerably more new information but also to be your friend when you experience bored. You can spend your own personal spend time to read your e-book. Try to make relationship using the book The Compassionate-Mind Guide to Overcoming Anxiety: Using Compassion-Focused Therapy to Calm Worry, Panic, and Fear (The New Harbinger Compassion-Focused Therapy Series). You never feel lose out for everything when you read some books.

Jeffrey Nathanson:

Do you certainly one of people who can't read satisfying if the sentence chained inside the straightway, hold on guys this aren't like that. This The Compassionate-Mind Guide to Overcoming Anxiety: Using Compassion-Focused Therapy to Calm Worry, Panic, and Fear (The New Harbinger Compassion-Focused Therapy Series) book is readable by means of you who hate the straight word style. You will find the info here are arrange for enjoyable reading experience without leaving even decrease the knowledge that want to supply to you. The writer of The Compassionate-Mind Guide to Overcoming Anxiety: Using Compassion-Focused Therapy to Calm Worry, Panic, and Fear (The New Harbinger Compassion-Focused Therapy Series) content conveys prospect easily to understand by lots of people. The printed and e-book are not different in the information but it just different by means of it. So , do you even now thinking The Compassionate-Mind Guide to Overcoming Anxiety: Using Compassion-Focused Therapy to Calm Worry, Panic, and Fear (The New Harbinger Compassion-Focused Therapy Series) is not loveable to be your top

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Dennis Simpson:

People live in this new morning of lifestyle always try and and must have the time or they will get large amount of stress from both way of life and work. So , once we ask do people have time, we will say absolutely sure. People is human not just a robot. Then we request again, what kind of activity do you have when the spare time coming to an individual of course your answer may unlimited right. Then do you try this one, reading guides. It can be your alternative inside spending your spare time, typically the book you have read will be The Compassionate-Mind Guide to Overcoming Anxiety: Using Compassion-Focused Therapy to Calm Worry, Panic, and Fear (The New Harbinger Compassion-Focused Therapy Series).

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