
EXERCISE: COSTS OF ANXIETY MANAGEMENT

1. Interpersonal costs

Summarize the effects of struggling with your WAFs on your relationships. Have friendships changed or been lost? Have family members been alienated? Do they avoid you, or do you avoid them? Have you lost a marriage or romantic relationship due to worry, anxiety, or fear? Or have you missed out on new social bonds because of fear, dread, or an unwillingness to trust because of past trauma? Are you unable to engage in your roles as a spouse, partner, or parent because of those pesky WAFs?

2. Career costs

Summarize the effects of struggling with anxiety on your career. Have you ever quit or been fired from a job because of attempts to get a handle on your anxiety and fear? This includes being late, being less productive, missing days of work, being unable to travel, avoiding tasks where WAFs might show up, skipping out on business and social interactions with colleagues and customers, or procrastination. Has a boss or have coworkers commented on your poor performance because of your anxiety management efforts? Have those efforts affected your school career (relationships with teachers, administrators)? Have they resulted in unemployment or being on disability or welfare?

3. Health costs

Describe the effects of managing your worry, anxiety, and fear on your health. Do you tend to get sick often? Do you have difficulties falling asleep and staying asleep? Do you sometimes ruminate and stew over anxiety and worry to the point of feeling sick or keyed up? Do you avoid taking care of your health because of your WAFs (e.g., avoid going to the doctor, having tests done, visiting a dentist)? Do you avoid exercise because it might bring on your WAFs? Have you spent quite a bit of time in the doctor's office or emergency room for your WAFs?

4. Energy costs

Outline how managing your anxiety has affected your energy. Do those efforts sometimes exhaust you? Have you put time and energy into disappointing efforts at WAF control? Are you often engaged in mental planning and fact finding in an effort to ward off

or minimize your WAFs? Do you waste mental energy on worry, stress, fretting over distractions, checking, and negative thinking? Have you experienced difficulties with memory or concentration? Are you constantly reliving painful moments from your past, or feeling trapped in the doom and gloom your mind feeds you about the future? Do you spend needless time checking or performing rituals to feel more comfortable or to ward off catastrophe? Have your attempts to manage anxiety left you feeling discouraged, fatigued, frustrated, or worn out?

5. Emotional costs

What have efforts to get a handle on anxiety cost you emotionally? Do you feel sad or depressed about your WAFs? Have you tended to be on edge, perhaps exploding in anger in times of stress? Do you carry regrets and guilt because of what you have done or failed to do as a result of your WAFs? How do regrets about your WAF episodes affect you emotionally? Do you feel depressed or hopeless when your efforts to control anxiety aren't working? Do you feel as though life is passing you by?

6. Financial costs

How much money have you spent on managing your WAFs? Consider money you've spent on psychotherapy for your WAFs and related difficulties (e.g., depression, anger, alcoholism). How about the cost of medications, doctor's visits, anxiety books, audio or video recordings, or seminars? See if you can come up with a reasonable estimate of these monetary costs. You can include costs due to disability, lost wages, expenses related to missing important and enjoyable events (e.g., concerts, plane trips, dinners out), and missed work because of your WAFs too.

7. Costs to freedom

How have your efforts to control WAFs limited your ability to do what you enjoy and want to do? Can you drive near and far, with or without others? Can you shop, take a train or plane, or go for a walk in your neighborhood, the park, a mall, or a forest? Do the WAFs keep you from trying new foods, new activities, new forms of recreation, experiencing your dreams, and doing what you care about? Is your day arranged around avoiding feeling anxious, panicky, or afraid?

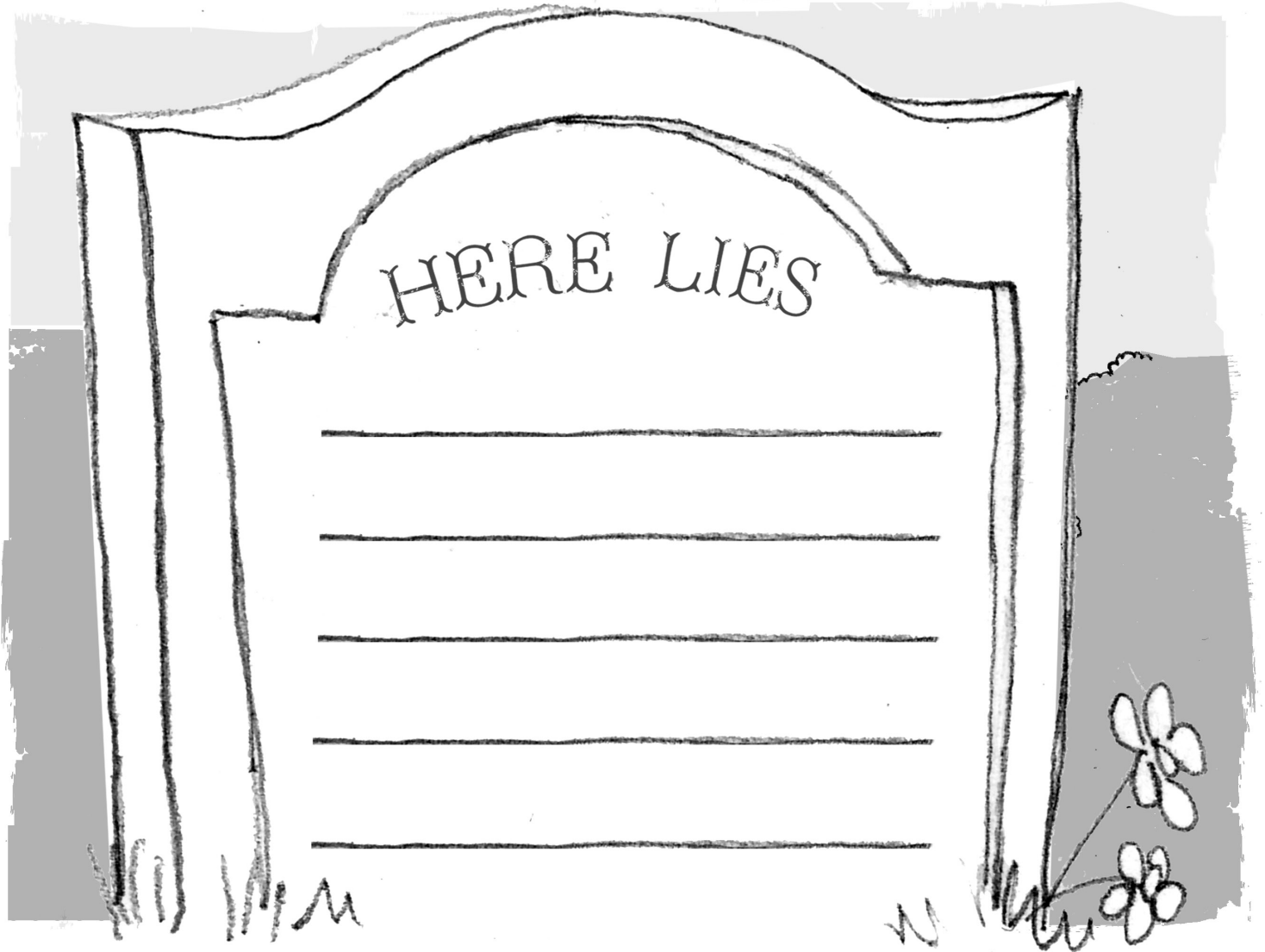
EXERCISE: WHAT HAVE I GIVEN UP FOR ANXIETY IN THE LAST MONTH?

| Situation/Event | Anxiety/Concern | Anxiety Coping Behavior | Effect on You | Costs |
|-----------------|-----------------|-------------------------|---------------|-------|
| | | | | |
| | | | | |
| | | | | |
| | | | | |

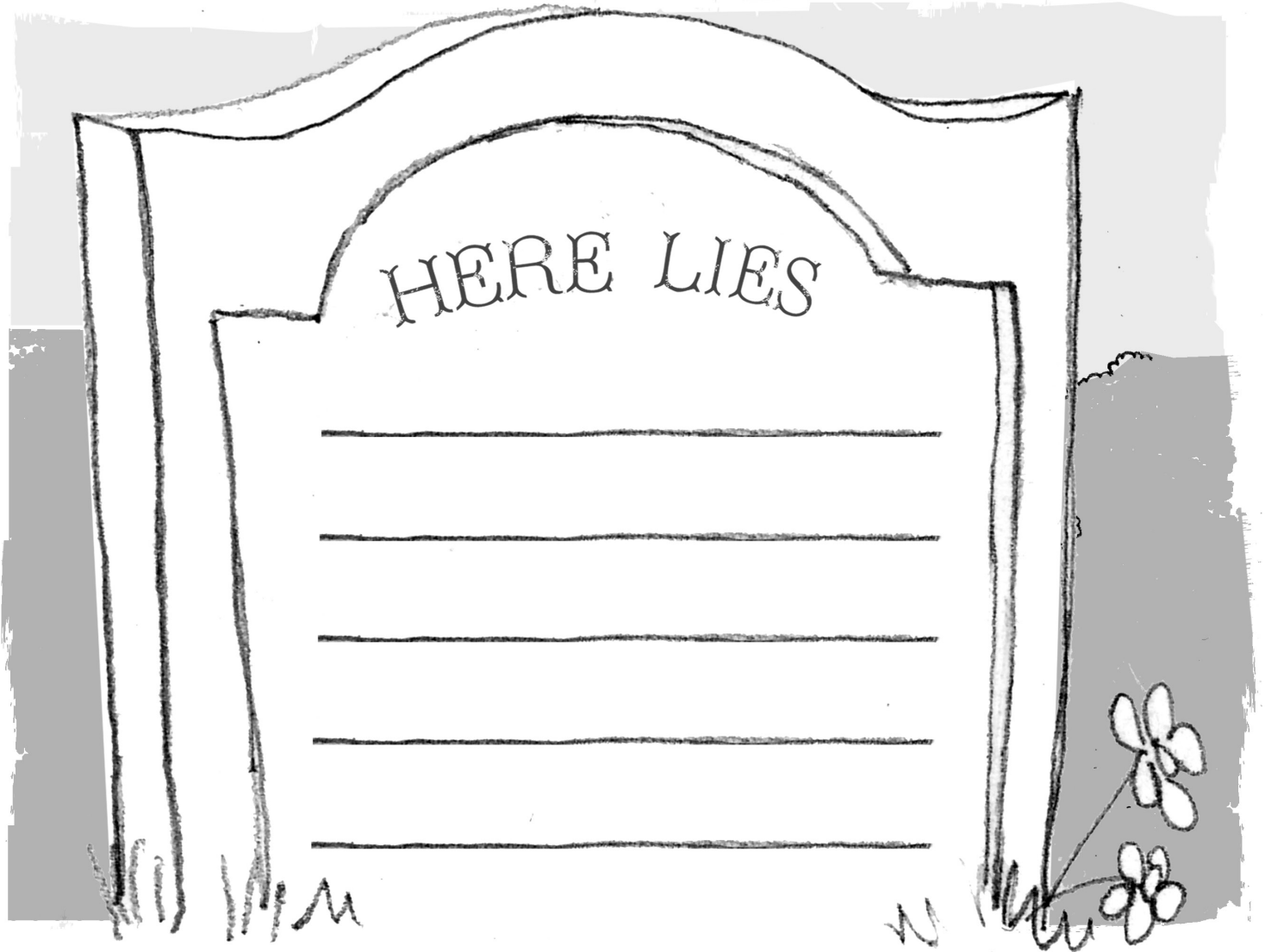
EXERCISE: ANXIETY MANAGEMENT COST-BENEFIT ANALYSIS

| WAF Coping Strategy | Costs | | Benefits | |
|---------------------|------------|-----------|------------|-----------|
| | Short-Term | Long-Term | Short-Term | Long-Term |
| | | | | |
| | | | | |
| | | | | |
| | | | | |

EXERCISE: MY ANXIETY MANAGEMENT EPITAPH



EXERCISE: MY VALUED LIFE EPITAPH



LIVING IN FULL EXPERIENCE—THE LIFE WORKSHEET

A Life Enhancement Exercise

Date: _____ Time: _____ A.M./P.M.

Check off any sensations you experienced just now:

- | | | | |
|---|--|---|---|
| <input type="checkbox"/> Dizziness | <input type="checkbox"/> Breathlessness | <input type="checkbox"/> Fast heartbeat | <input type="checkbox"/> Blurred vision |
| <input type="checkbox"/> Tingling/numbness | <input type="checkbox"/> Unreality | <input type="checkbox"/> Sweatiness | <input type="checkbox"/> Hot/cold flashes |
| <input type="checkbox"/> Chest tightness/pain | <input type="checkbox"/> Trembling/shaking | <input type="checkbox"/> Feeling of choking | <input type="checkbox"/> Nausea |
| <input type="checkbox"/> Feeling of choking | <input type="checkbox"/> Neck/muscle tension | <input type="checkbox"/> Detached from self | |

Check what emotion best describes your experience of these sensations (pick one):

- | | | | |
|-------------------------------|----------------------------------|-------------------------------------|---------------------------------------|
| <input type="checkbox"/> Fear | <input type="checkbox"/> Anxiety | <input type="checkbox"/> Depression | <input type="checkbox"/> Other: _____ |
|-------------------------------|----------------------------------|-------------------------------------|---------------------------------------|

Rate how strongly you felt this emotion/feeling (circle number):

0 ----- 1 ----- 2 ----- 3 ----- 4 ----- 5 ----- 6 ----- 7 ----- 8
 Mild/Weak Moderate Extremely Intense

Rate how willing you were to have these sensations/feelings without acting on them (e.g., to manage them, get rid of them, suppress them, run from them). If willingness were put as a “yes” or “no” question would you be 100%

YES-----NO
 Extremely Willing Completely Unwilling
 (arms wide open) (arms closed)

Describe **where you were** when these sensations occurred: _____

Describe **what you were doing** when these sensations occurred: _____

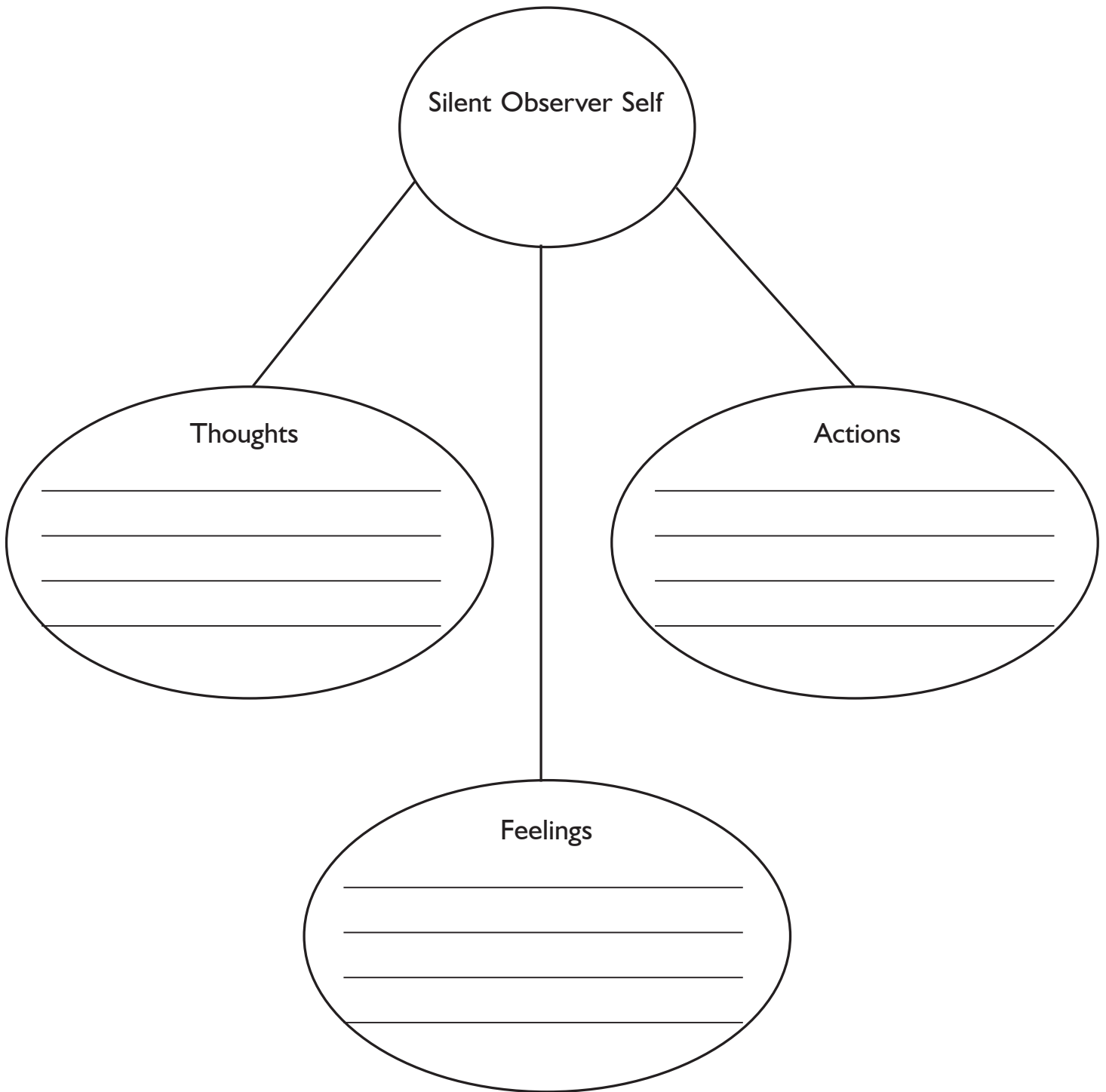
Describe **what your mind was telling you** about the sensations/feelings: _____

Describe **what you did** (if anything) about the thoughts/sensations/feelings: _____

If you did anything about the thoughts/sensations or feelings, **did it get in the way of anything** you really value or care about? If so, describe what that was here: _____

| <p style="text-align: center;">Acceptance of Thoughts and Feelings Life Enhancement Exercise Practice Form</p> | | | |
|---|--|----------------------|----------|
| Commitment: yes/no Day: Date: | Practiced: yes/no When practiced? A.M./P.M. How long (minutes)? | Audio: yes/no | Comments |
| Commitment: yes/no Day: Date: | Practiced: yes/no Time: A.M./P.M. Minutes: | | |
| Commitment: yes/no Day: Date: | Practiced: yes/no Time: A.M./P.M. Minutes: | | |
| Commitment: yes/no Day: Date: | Practiced: yes/no Time: A.M./P.M. Minutes: | | |
| Commitment: yes/no Day: Date: | Practiced: yes/no Time: A.M./P.M. Minutes: | | |
| Commitment: yes/no Day: Date: | Practiced: yes/no Time: A.M./P.M. Minutes: | | |
| Commitment: yes/no Day: Date: | Practiced: yes/no Time: A.M./P.M. Minutes: | | |

EXERCISE: THE SILENT OBSERVER SELF



VALUED DIRECTIONS WORKSHEET

I. Work/career

Is this life domain important in my life NOW (circle one):

YES = It's important to me **NO** = It's not important to me

How satisfied are you with this life domain right NOW (circle one):

0 = Not at all satisfied 1 = Moderately satisfied 2 = Very satisfied

Reflect on your values and intentions

Work may involve a paid job, unpaid volunteer work, or homemaking. What's important to you about your work, and what qualities does having a job provide for you? For some people it means financial security, independence, or prestige; for others it involves intellectual challenge or interacting with or helping others.

Have you put a valued career or volunteer job on hold because of emotional or cognitive barriers? Maybe it's a fear of failure or sense of unease as you consider a career that may mean giving up some of the comforts or luxuries of your current lifestyle. Or maybe you think it would be irresponsible to pursue your dream job.

Don't let those thoughts and emotions stop you from exploring this area. After all, most of us spend a major chunk of our waking hours involved in work. There are many ways to make whatever you do personally rewarding. Keep that in mind as you envision your dream job or how you'd like to use your energy, talents, and skills productively. What would that look like? What would you do if you could be doing anything? Describe the qualities of a job or endeavor that you believe would be perfect for you.

What do you want your work or career to be about or stand for? What is important to you about your work (for example, financial security, intellectual challenge, independence, prestige, interacting with or helping people)?

My Core Values in This Domain

My Valued Intentions for Each Value

1. _____

1. _____

2. _____

2. _____

3. _____

3. _____

2. Intimate relationships (e.g., marriage, couples, partnership)

Is this life domain important in my life NOW (circle one):

YES = It's important to me **NO** = It's not important to me

How satisfied are you with this life domain right NOW (circle one):

0 = Not at all satisfied 1 = Moderately satisfied 2 = Very satisfied

How satisfied are you with this life domain right NOW (circle one):

0 = Not at all satisfied 1 = Moderately satisfied 2 = Very satisfied

Reflect on your values and intentions

You nurture your personal growth when you explore yourself and develop as a human being—emotionally, intellectually, physically, spiritually, behaviorally. This often means gaining a deeper sense of who you are. In fact, many of the domains you've already read about have everything to do with your personal growth as a human being.

Personal growth is often related to learning. Traditional schooling certainly counts, but growth and learning can happen just about anywhere. You don't need a classroom for that. For example, amateur athletes may experience health or social benefits from participating in a sport, but these activities can also offer a sense of being challenged and the pleasure of learning or refining a skill.

So look within yourself and see if you can find anything about personal growth and learning that's important to you. Would you like to sharpen skills you already have, or develop new ones? Are there areas of competence you'd like to explore? Do you enjoy learning new things? Do you enjoy sharing what you've learned with others? Why is learning important to you? What skills, training, or areas of competence would you like to acquire? What would you really like to learn more about?

My Core Values in This Domain

My Valued Intentions for Each Value

1. _____
2. _____
3. _____

1. _____
2. _____
3. _____

5. Friends/social life

Is this life domain important in my life NOW (circle one):

YES = It's important to me **NO** = It's not important to me

How satisfied are you with this life domain right NOW (circle one):

0 = Not at all satisfied 1 = Moderately satisfied 2 = Very satisfied

Reflect on your values and intentions

While we're all social creatures, there's a lot of variation in what we value in the realm of social relationships and their depth and scope. Some people value knowing many people, even if they don't know any of them particularly well. Others place a premium on having a few close friendships. Still others prefer a mix of friendships, some with depth and others relatively shallow. And then there are people who prefer to be alone.

Depth relates to degree of intimacy, whether emotional, spiritual, or intellectual. So think about the importance and quality of your social life. Are social bonds important to you? What kind of relationships would you like to have? What personal qualities would you like to develop in and through your relationships? How would you interact with your friends if you were the "ideal you" with them?

Give some thought to your talents and passions, and to what might currently be missing in this area. What is unique about you as a person? What can you bring to any friendship? What kind of friend do you want to be? What does it mean to be a good friend? How do you behave toward your best friend? Why is friendship important to you?

My Core Values in This Domain

My Valued Intentions for Each Value

1. _____

1. _____

2. _____

2. _____

3. _____

3. _____

6. Health/physical self-care

Is this life domain important in my life NOW (circle one):

YES = It's important to me

NO = It's not important to me

How satisfied are you with this life domain right NOW (circle one):

0 = Not at all satisfied

1 = Moderately satisfied

2 = Very satisfied

Reflect on your values and intentions

How and why do I take care of myself? Why do I want to take care of my body and my health through what I eat, by exercising, or by being physically fit? How important is physical health to me? What roles do exercise and healthy eating play in my life?

People have a variety of motivations for trying to stay healthy. Some do it out of sheer enjoyment; others do it in order to be successful in a physically demanding job. Still others see a healthy lifestyle as a way of taking care of themselves, perhaps so that they stand a better chance of living to a ripe old age and being around for those they love.

Many of us also have old wounds from losses or unfair treatment by others, and, sadly, some have suffered abuse and trauma. These experiences can change us for good or for ill. So often the darkness is all we can see, and this makes us harden up. We blame ourselves or others and retreat from the world and all it has to offer. This ultimately hurts us in the end.

The antidote is to practice acts of kindness and loving care—starting with yourself and then expanding out to other people in your life. This can help you stop being at war with yourself and will also take the sting out of the psychological pain and unhappiness you've lived through and may continue to experience now. And even if you don't have much pain in your life, you still might value kindness and compassion.

How important is it to you to learn to be kinder to yourself? How would your life be different if you were to practice more acceptance and compassion toward your feelings, memories, and wounds? Do you look for ways to practice acts of kindness toward yourself, and if so how does that look? What do you do? If you don't do this currently, what form might it take? Even if self-compassion seems difficult, does it seem important for you to start moving in that direction?

Think about what motivates you to stay healthy—mind and body. There are many possible reasons for actively pursuing good health, and all are valid. What is it about caring for your physical and mental well-being that's appealing to you, and how important is it to you to act in accordance with this value?

My Core Values in This Domain

My Valued Intentions for Each Value

1. _____
2. _____
3. _____

1. _____
2. _____
3. _____

7. Family of origin (parents/caretakers/siblings you grew up with)

Is this life domain important in my life NOW (circle one):

YES = It's important to me **NO** = It's not important to me

How satisfied are you with this life domain right NOW (circle one):

0 = Not at all satisfied 1 = Moderately satisfied 2 = Very satisfied

Reflect on your values and intentions

Take a moment now to consider your relationships with members of the family in which you were raised. This may include your stepfamily members too. Are your family bonds important to you? Do they give you a sense of meaning and purpose? What kind of relationship do you want to have with your parents, caretakers, or siblings? Are these roles and relationships important to you, and if so, how?

Be mindful of your passions and talents in this area too. What do you bring to this domain and what do you feel strongly about in this area? Also think about whether there's anything missing from your life in this area. How do you want to interact with your family members? If you have siblings or stepsiblings, what type of stepsister or stepbrother do you want to be? If your parent(s) is/are alive, what type of son or daughter do you want to be?

My Core Values in This Domain

My Valued Intentions for Each Value

1. _____
2. _____
3. _____

1. _____
2. _____
3. _____

8. Spirituality

Is this life domain important in my life NOW (circle one):

YES = It's important to me **NO** = It's not important to me

How satisfied are you with this life domain right NOW (circle one):

0 = Not at all satisfied 1 = Moderately satisfied 2 = Very satisfied

Reflect on your values and intentions

We are all spiritual beings in a sense. This is true whether you practice a faith, pray, meditate, ponder life's questions, or seek out ways to grow in awareness of yourself and your connections with other human beings and the world around you. So participating in an organized religion counts here, but for many people spirituality transcends the boundaries of a religion, place of worship, or belief in a higher power.

Take a moment to reflect on your spirituality. Do it broadly and on your own terms, and don't limit yourself to cultural or social expectations. What seems most appropriate and suitable for you? Are there things larger than your own life that inspire you? What are the mysteries of life before which you stand in awe? In what (if anything) do you have faith? Describe the role you'd like to see spirituality play in your life and how that would manifest. If you had this in your life, what kind of qualities would it provide for you?

My Core Values in This Domain

My Valued Intentions for Each Value

1. _____
2. _____
3. _____

1. _____
2. _____
3. _____

9. Community life/environment/nature

Is this life domain important in my life NOW (circle one):

YES = It's important to me **NO** = It's not important to me

How satisfied are you with this life domain right NOW (circle one):

0 = Not at all satisfied 1 = Moderately satisfied 2 = Very satisfied

Reflect on your values and intentions

We all belong to a community of some sort. You can think of this area broadly or narrowly, from being a citizen of a country or state to being involved in your town or neighborhood to the particular role you play in a social group, your workplace, a religious or secular group, or an organization. You may feel a connection with community on one or many of these levels. And it's also likely that you place varying degrees of importance on giving back in terms of your time, talents, and resources.

With all of this in mind, is being part of a community—something larger than yourself—important to you? Do you care about giving back or making a difference in the lives of others in your community? What kind of person do you want to be at whatever level of involvement you find yourself? How would you like to share your talents and passions in your community? What pulls at your heart here?

Taking care of the environment is on the minds of many, and there are many ways to do that. But you can also think of environment more broadly, as anywhere you might be: school, work, home, shopping, and so on. So, as you think about environment and nature on your own terms, consider some of these questions.

Is serving the planet important to you? For instance, do you enjoy taking care of your surroundings? Beyond things like recycling or conserving energy or water, this could include landscaping, planting a tree, or caring for a garden, or it might mean attending to your home or work space. Enjoyment of the natural world can take many forms: hiking, camping, hunting, fishing, rock climbing, sailing, relaxing on the beach—the list goes on and on. Maybe you simply like to commune with nature in a contemplative way.

Look to see if sharing, helping, or reaching out is important to you, and if so, how you might express that. Also consider if you feel that anything is currently missing in this area of your life. What can you do to make the world a better place? Why are community activities (such as volunteering, voting, recycling) important to you? What do you care about when you consider the environment or nature?

My Core Values in This Domain

My Valued Intentions for Each Value

- 1. _____
- 2. _____
- 3. _____

- 1. _____
- 2. _____
- 3. _____

10. Recreation/leisure

Is this life domain important in my life NOW (circle one):

YES = It's important to me **NO** = It's not important to me

How satisfied are you with this life domain right NOW (circle one):

0 = Not at all satisfied 1 = Moderately satisfied 2= Very satisfied

Reflect on your values and intentions

The way you spend your leisure time can profoundly affect your quality of life, so it's important to consider it carefully. This domain can include just about anything. You can have a spirit of play outside of work, and at work too.

When children are playing for fun, they're doing much more than just having fun. Children love playing because it allows them to fully absorb themselves in activities that often call on all of their senses. Children also use play to express themselves—their feelings, moods, and dreams. But play isn't just for children! Adults can and often want to play for the same reasons that children do: to be fully absorbed in an activity that's fun and that allows them to express the playful and creative part of themselves.

In this domain, look for the value you place on expressing that playful spirit. Do you cherish having time to unwind, have fun, be a kid again, challenge yourself, or develop new interests or skills like playing a musical instrument? Any activity that has a playful quality to it counts here.

So how would you describe the quality of this part of your life if it were exactly the way you would like it to be? And with that in mind, what activities, interests, or hobbies would you love to cultivate and explore if you could? How do you feed yourself through hobbies, sports, or play? Why do you enjoy these things?

My Core Values in This Domain

My Valued Intentions for Each Value?

- 1. _____
- 2. _____
- 3. _____

- 1. _____
- 2. _____
- 3. _____



THE LIFE COMPASS

The Life Compass is a circular diagram with a central figure of a person standing on a platform. Surrounding the figure are ten life domains, each represented by a rounded rectangle. Below each domain is a rating scale consisting of three boxes labeled 'i=', 's=', and 'a='.

- Work/career
- Intimate relationships
- Parenting
- Recreation/leisure
- Community life/environment/nature
- Personal growth/education/learning
- Spirituality
- Friends/social life
- Family of origin
- Health/physical self-care

EXERCISE: CHANGING RADIO STATIONS

Anxiety News Radio (WANR)

Here's the message you've been getting:

Welcome to Anxiety News Radio, WANR, broadcasting inside your head twenty-four hours a day, seven days a week. We're the news station you've grown up with and we're the station that never sleeps. Anxiety News Radio is known for its cutting-edge coverage of all of your deep-seated fears, worries, and all that is wrong with you. We'll offer you round-the-clock compelling listening of doom and gloom—morning, noon, and night. Our mission is to drown out your values and keep you stuck. Our goal is to take over and control your life whenever we can. When you wake in the early hours, WANR will be there to make you aware of all the unpleasant aspects of your life, even before you get out of bed. We'll bring you all the things that you find most disturbing and distressing—anytime, anywhere. So don't forget that, and if you should try to forget us or tune us out, then we'll be sure to crank up the volume and broadcast even louder. So, please pay attention! And remember, Anxiety News Radio knows what's best for you—what you think and feel inside your skin can be really awful. So, just stay tuned and keep on listening. We know how to pull you out of your life in a flash and keep you stuck.

Just So Radio (WJSR)

Here's the message you could be tuning in to instead:

Wake Up! Anxiety News Radio is just a station—you can tune in or you can tune out! One thing is guaranteed though, whatever the time of day, you'll hear the same old stuff on WANR. If that's been really helpful to you, then go ahead, tune in and stay tuned. If not, then tune in more often to Just So Radio—WJSR. Here at WJSR, we bring you the news of actual experience, in the moment—all live, as it is, all the time. We won't bog you down with the negative spin that your mind creates, or leave you dwelling in the past or future that has yet to be. Living well right now is our business! So, at Just So Radio, we'll give it to you straight—color commentary about your experiences and your life just as they are. At WJSR, you won't find commercials trying to sell you the same old unhelpful thoughts that we know keep people stuck. Just So Radio brings you information about how things are, not how you fear they might be. At WJSR, we invite you, our listener, to step forward and touch the world, just as it is, and to touch your life, just as it is. Our business is to bring you into fuller contact with the world outside and inside your skin as we point you in directions that matter to you. And, we're entirely free! Our listeners tell us that tuning in to WJSR adds vitality to their lives and can even bring them joy. And, we get louder the more you listen to us. So stay tuned. Give us a fair trial and if you're not convinced by your own experience (please don't take our word for it), then WANR—Anxiety News Radio—is still there on the dial.

| <p style="text-align: center;">Acceptance of Anxiety Life Enhancement Exercise Practice Form</p> | | | |
|---|--|----------------------|----------|
| Commitment: yes/no Day: Date: | Practiced: yes/no When practiced? A.M./P.M. How long (minutes)? | Audio: yes/no | Comments |
| Commitment: yes/no Day: Date: | Practiced: yes/no Time: A.M./P.M. Minutes: | | |
| Commitment: yes/no Day: Date: | Practiced: yes/no Time: A.M./P.M. Minutes: | | |
| Commitment: yes/no Day: Date: | Practiced: yes/no Time: A.M./P.M. Minutes: | | |
| Commitment: yes/no Day: Date: | Practiced: yes/no Time: A.M./P.M. Minutes: | | |
| Commitment: yes/no Day: Date: | Practiced: yes/no Time: A.M./P.M. Minutes: | | |
| Commitment: yes/no Day: Date: | Practiced: yes/no Time: A.M./P.M. Minutes: | | |

VALUE AND GOALS WORKSHEET

| My Value: _____ | | | |
|--------------------------------------|----------|------------|------------------|
| Goal I want to achieve: _____ | | | |
| Steps toward achieving my goal | Barriers | Strategies | Date(s) achieved |
| 1. | | | |
| 2. | | | |
| 3. | | | |
| 4. | | | |
| 5. | | | |

FURTHER READINGS AND INTERNET RESOURCES

Here we list suggestions for further reading if you'd like to learn more about the ACT approach to anxiety and other related concerns. We particularly recommend the book by Steven Hayes and Spencer Smith for more examples and suggestions about how to use ACT in your life. There are several other good ACT books on the subjects of anxiety, worry, trauma, and depression, many of which are published by New Harbinger Publications.

We also recommend that you check out books, such as the one listed below, by Pema Chödrön—a great source of strength, courage, and practical advice on how to approach emotional pain with its most powerful antidotes: compassion and patience. Books by Thich Nhat Hanh, Tara Brach, and Jeffrey Brantley contain practical advice on achieving self-transformation using mindfulness and on nourishing the positive seeds in you and in others, while starving the negative ones. Books by Deepak Chopra (such as the one listed below) will help you connect with your true self and the I Am presence in you. Deepak offers easily accessible advice on mantra meditation and spiritual practices to help you gain more peace; see also Norman Rosenthal's book on transcendental meditation.

Lastly, the Internet is a hub for resources on mindfulness and exercises that will help you cultivate peace of mind and kindness of heart. We've listed a few sites that provide text and audio exercises. Use them to enrich your skills and expand your practice.

FURTHER READINGS

- Brach, T. (2004). *Radical acceptance: Embracing your life with the heart of a Buddha*. New York, NY: Bantam Books.
- Brantley, J. (2003). *Calming your anxious mind: How mindfulness and compassion can free you from anxiety, fear, and panic*. Oakland, CA: New Harbinger Publications.
- Chopra, D., & Simon, D. (2004). *The seven spiritual laws of yoga: A practical guide to healing body, mind, and spirit*. New York, NY: Wiley.
- Chödrön, P. (2001). *The places that scare you: A guide to fearlessness in difficult times*. Boston, MA: Shambhala Publications.
- Dyer, W. (2012). *Wishes fulfilled: Mastering the art of manifesting*. New York, NY: Hay House.
- Eifert, G. H., & Forsyth, J. P. (2005). *Acceptance and commitment therapy for anxiety disorders: A practitioner's guide to using mindfulness, acceptance, and values-based behavior change strategies*. Oakland, CA: New Harbinger Publications.
- Eifert, G. H., McKay, M., & Forsyth, J. P. (2005). *ACT on life, not on anger: The new acceptance and commitment therapy guide to problem anger*. Oakland, CA: New Harbinger Publications.
- Hayes, S. C., & Smith, S. (2005). *Get out of your mind and into your life: The new acceptance and commitment therapy*. Oakland, CA: New Harbinger Publications.
- McKay, M., Forsyth, J. P., & Eifert, G. H. (2010). *Your life on purpose: How to find what matters and create the life you want*. Oakland, CA: New Harbinger Publications.

McKay, M., & Sutker, C. (2007). *Leave your mind behind: The everyday practice of finding stillness amid rushing thoughts*. Oakland, CA: New Harbinger Publications.

Nhat Hanh, T. (2001). *Anger: Wisdom for cooling the flames*. New York, NY: Riverhead Books, Penguin Putnam.

Rosenthal, N. E. (2011). *Transcendence: Healing and transformation through transcendental meditation*. New York, NY: Tarcher/Penguin.

Salzberg, S. (1995). *Loving-kindness: The revolutionary art of happiness*. Boston, MA: Shambhala Publications.

INTERNET RESOURCES

New Harbinger Publications

<http://www.acceptanceandmindfulness.com>

This website contains information on other New Harbinger Publications books, including some of our own, in which acceptance and mindfulness approaches are applied to many forms of human suffering.

The Association for Contextual Behavioral Science (ACBS)

<http://www.contextualscience.org>

This website is the hub for professionals and members of the public interested in acceptance and commitment therapy and other newer cognitive-behavioral therapies. It contains many useful resources for those interested in learning more about ACT as well as those actively engaged in ACT research and application. The website maintains a listserv for the public and offers a searchable database for those interested in finding an ACT therapist.

Georg H. Eifert

<http://www.drgeorgeifert.com>

This is Dr. Eifert's website. Here, you'll find information about Georg, his books, upcoming talks and workshops, and other resources.

John P. Forsyth

<http://www.drjohnforsyth.com>

This is Dr. Forsyth's website. Here, you'll find information about John, his upcoming talks and workshops, books, and resources. John also maintains a blog, where he shares wisdom and teachings about using ACT and other practices, and offers a variety of internet-based services (consultation, supervision, coaching, and therapy) related to ACT for mental health professionals and the general public.

Pema Chödrön

<http://www.pemachodronfoundation.org>

On this website, you will find information about Pema Chödrön's teachings, additional exercises, and forthcoming talks and books. Pema is a leading exponent of teachings on meditation and how they apply to everyday life. She is widely known for her humorous and down-to-earth interpretation of Tibetan Buddhism for Western audiences.

Transcendental Meditation

<http://www.tm.org>

Go to this website if you are interested in learning more about a very well-researched and easy-to-learn mantra meditation, transcendental meditation (TM), and how and where to learn it from a teacher. On this website you can also gain a wealth of information on the psychological and health benefits of TM for allowing your body to settle into a state of profound rest and relaxation and your mind to achieve a state of inner peace.

Tara Brach

<http://www.tarabrach.com/talks-audio-video/>

Dr. Tara Brach shares her wisdom and teachings on the practice of mindfulness and acceptance. Tara also offers a number of free audio exercises and videos of her teachings.