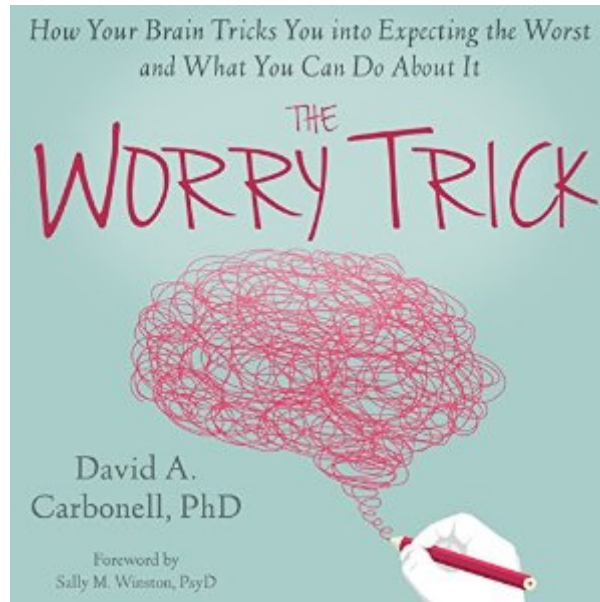


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# The Worry Trick: How Your Brain Tricks You Into Expecting The Worst And What You Can Do About It



## 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

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## Customer Reviews

I found this book the best medicine for myself. I read it in 2 days because I couldn't stop finding how related I was with what David Carbonell describes on this book. Step by step I did what he suggested, and I must say, it is not a magic book, but is the main recipe for the soup. You need to do your part, help yourself, and let the book work its magic. After a full month of putting this book on practice, I can certainly say that I feel 90% back to normal. It's a routine and a process for your brain to heal and stop worrying about little things that at the end, they are nothing but thoughts. Thanks

again David for this incredible book. If this book helped me, I'm sure it would work for you as well. Good luck. You can do it.

I love this book. It has helped me tremendously with my panic attacks and Agoraphobia. After reading it I was able to take a road trip a total of 3 hours from my house riding on the highway all the way. I haven't done that in almost a year. I highly recommend this book to anyone dealing with panic attacks or Agoraphobia or both.

I LOVE this book, it's a game changer. This book gives a different perspective on how to combat worry. The author writes and tells stories so effortlessly in a way the reader can relate. I cannot tell you how many times I thought 'that's me!' while reading this book. You will no longer feel alone in your worries and you'll come away with a few more tools in your toolbox to help. Get this book!

Great book. It has so many ideas and tips for winning the game of worrying. I think the biggest thing I got from this book was the understanding of worry. Only after you really understand what is going on in your internal world and why it happens, only then you can set yourself free. Thanks for giving me the deep understanding of worry which now helps me to get one step closer to my goals and dreams.

Probably one of the most helpful books on handling obsessive, worrisome thoughts that I've read. Other books encourage you to block your worrisome thoughts and put up a STOP sign in your mind to repress them, but as Dr. Carbonell writes, this is counterproductive and can actually make your worries increase. His basic premise is to acknowledge your worries and treat them with humor so you can move on with living your life and not let your worries control you. Dr. Carbonell also writes with an approachable style that is very unlike the cold, academic style in which self-help books written by doctors and psychologists are sometimes written. If there's any weakness in the book, it's that he focuses more on "shallow" hypothetical worries like worrying if your boyfriend likes you, your hair is styled correctly, your singing voice isn't good enough, and the like. It would be nice if Dr. Carbonell also focused on more tangible, serious worries such as actual (non-hypothetical) health, employment, and life-or-death issues that face families every day. Other than that, I highly recommend this book.

If you have anxiety, OCD--any mental troubles of fear, this book is for you. Psychology is simple,

we're the ones who make our "troubles" big. In this book, Dr. Carbonell goes into excellent explanations of how fighting fear, worry, thoughts will get you no where. And he's dead on. I've seen a psychologist myself and said the same things he's written. For example, the constant "what ifs" or "whys" and how they get you no where but like he described, "pouring gasoline on the fire." What he says is simple, but yes it is hard. Working through anxiety and worry is just that, work. No medication is going to magically "cure" you of worry but it's yourself going through the storm. Yes, going through a storm is scary but the vessel of logic is never going to be destroyed. Realizing anxiety is just a way your mind is creating problems, which he describes is what the brain does. If you found some may gave this book "not very helpful" they are not words that will help you. OCD for example is the "doubting disease" and this book is directions in how to practice and respond. So it is work "controlling emotions, a moment to learn a lifetime to master". I did the tic tacs and you're retraining your brain. OCD and anxiety sufferers rejoice! Simple and practical answers that are truly effective.

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.

So this book has a lot of 'filler' and I felt like the important stuff started showing up around Chapter 6/7. The content is also a bit repetitive which made it a hard read. I've finally finished the book and I have to say that it helped me change the way I looked/thought of my anxious thoughts. I was able to catch thoughts that would normally trigger anxiety before I could start to panic about it. One practice that really stuck out to me was placing "Let's pretend.." in front of my "What if" thoughts. Sounds really silly but, it transformed the way I FELT after having anxious thoughts. Overall I'd say try this book out but don't be afraid to skip the pages you find to be filler.

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