



## This Is What Anxiety Looks Like: Relatable Stories, Targeted Solutions, and CBT Skills for Lasting Relief

**David A. Clark**

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Psychologist and anxiety treatment expert David A. Clark's book *This Is What Anxiety Looks Like* demonstrates how Cognitive Behavioral Therapy, an action-based talk therapy, can be used to combat distressing anxiety symptoms.

Differentiating Cognitive Behavioral Therapy from positive thinking, the book makes it clear that everyone experiences anxiety. However, it notes, most people have no idea what drives it. Exploring why anxiety is so hard to control, the book names relief methods beyond drugs or alcohol, avoidance of anxiety-triggering situations, seeking continual reassurance, or engaging in futile rumination. Such techniques may be common, it notes, but they only worsen and prolong anxiety's effects. In contrast, it depicts twelve different types of anxiety alongside the Cognitive Behavioral Therapy interventions used to provide relief for them. Charts and graphs, downloadable worksheets, and suggestions for further research contribute to making it an invaluable guide to developing an effective personal anxiety relief program.

Grounded in decades of research and clinical experience, the book makes use of relatable stories based on composite clinical case studies to engage the emotions. It illustrates how anxiety, which is hardwired into each human being and designed to be protective, can become debilitating. In one story, a shy, awkward introvert working in isolation as a gamer and game designer finds his discomfort in social situations growing more intense until even interacting with family is difficult. Cognitive Behavioral Therapy works in such situations, the book says, because it trains the mind to recognize that thoughts are not facts, catastrophic thoughts are not predictions, and experiencing physical symptoms is not as important as how they are interpreted. Indeed, the same fairground ride that exhilarates one person may terrify another.

The self-help resource *This Is What Anxiety Looks Like* is about easing the symptoms of anxiety to reclaim one's life.

KRISTINE MORRIS (November / December 2024)

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