



Women Who Worry Too Much: How to Stop Worry and Anxiety from Ruining Relationships, Work, and Fun

Michelle G. Craske PhD, Holly Hazlett-Stevens PhD

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Women are more likely than men to develop anxiety disorders, a fact which researchers have attributed to a range of biological, psychological, and cultural factors. This predisposition inclines women to worry more than men about things like social problems, work, finances—even about worry itself, a phenomenon psychologists call meta-worry. The goal of this book is to help readers control excessive worry by learning to perceive threats more accurately and to stop focusing on things that are unlikely to happen.

Following an introduction by noted psychologist Michelle Craske that explores the reasons women worry more than men, the book addresses the fundamentals of worry: what it is, how it differs from anxiety, and how it can develop into a chronic state of mind. The book offers strategies for overcoming worry that include monitoring personal worry triggers, breaking worry-provoking habits, and avoiding avoidance—a major aggravating factor for all anxiety disorders. From it, you'll learn to use mindfulness techniques to avoid ruminating on the past or the future and how to use progressive relaxation to cope with worrisome situations.

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Miriam Normandin:

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