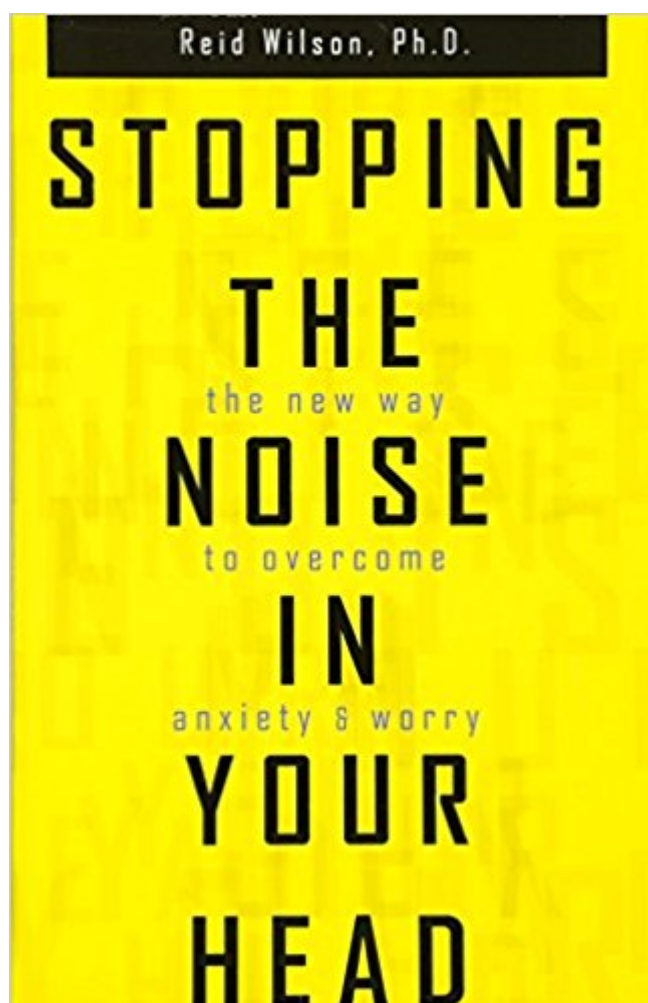


The book was found

Stopping The Noise In Your Head : The New Way To Overcome Anxiety And Worry



Synopsis

If you or someone you love suffers from excessive worry, anxiety, panic, OCD, or phobias, you know how crippling it can be. Of course, worry can be an important asset when it forces our attention on problem-solving. But anxious worrying can cause us to unnecessarily focus on a threat, to retreat and avoid, and to seek reassurance and safety—which is no way to foster a life of growth and excitement. In his fifth published book, Dr. Reid Wilson proposes a groundbreaking, paradoxical approach to overcoming anxiety, worry, OCD, panic, and phobias by moving away from comfort, confidence, and security and willingly moving toward uncertainty, distress and discomfort. Through the use of unconventional strategies, readers will learn how to confront anxiety head-on and step forward into the face of threat. Drawing on a range of sources—from firefighters and fitness instructors to Sir Isaac Newton and Muhammad Ali—*Stopping the Noise in Your Head* demonstrates the importance of shifting our perspective and stepping toward our challenges in order to regain control of our lives.

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Customer Reviews

"As informed and informative as it is thoughtful and thought-provoking, *Stopping the Noise in Your Head* is thoroughly 'reader friendly' in tone, content, commentary, organization and presentation."

---Midwest Book Review --This text refers to the Audio CD edition.

Tools to kick the worry addiction once and for all. Did you lock the door? Did you prepare enough? Will you get there on time? What if you forget? What if someone gets sick? Do you have

enough money? From the little daily naggings to the bigger life-impacting thoughts, worry can consume us. It's time to flip our perspective on this mental chatter and recognize that worry serves a purpose in our lives. In fact, worry can be healthy. In this groundbreaking and timely book, anxiety expert Dr. Reid Wilson provides us with a step-by-step approach to overcoming anxiety and worry by moving away from comfort, confidence, and security...and willingly moving toward uncertainty, distress, and discomfort. Drawing on a range of sources--from firefighters and fitness instructors to Sir Isaac Newton and Muhammad Ali--*Stopping the Noise in Your Head* demonstrates the importance of shifting our perspective and stepping toward our challenges in order to regain control of our lives.

- Learn to identify the difference between heart-racing, sweaty-palm Signals (I just missed the train!) and Noise (What if I miss the train?)
- Detect anxiety-ridden patterns by catching yourself in the midst of them
- Use the power of perspective--"This is hard, and I can handle it"--to get through
- Choose to feel clumsy, awkward, unsure, and afraid as a means for managing distress
- Pinpoint situations when you must "act as though"
- Worry is a game. Anxiety's best strategy is to convince you to spend most of your energy worrying about how to protect yourself or someone else against harm. It scores points by getting you to worry and then step back instead of step forward into the action. *Stopping the Noise* will arm you with the strategies you need to defeat your opponent once and for all.

As someone who has suffered from anxiety and OCD all of my adult life, I found Dr. Wilson's book to be both practical and inspirational. I heartily recommend it for those whose enjoyment of life has been stifled by the "noises in their heads." It is apparent that Dr. Wilson knows his "stuff" from a neurological perspective but the scientific descriptions are balanced with illustrations from everyday life so we laymen can understand it. In addition, Dr. Wilson's use of humor helps to defuse a topic that is, in and of itself, anxiety-provoking. If you suffer from anxiety, buy this book and take to heart what Dr. Wilson writes. It has helped to quiet the noises in my head and maybe it will help you too. Eric Bjork

As a therapist, I found this book and the materials available online helpful. I did find parts of it redundant, which made it frustrating to read, but I have been able to apply some concepts from this book in my work, so I would recommend it.

At first I found this book to be quite repetitious but came to understand that the nature of anxiety's

domination must be examined from a variety of angles before a person can permeate its tough exterior and exploit the soft underbelly. A very well written book that inspires readers and provides practical instructions for managing anxiety, and your life.

This review is long due (well it can't be that long due if the book came out a month ago), long due in a way that it needs to be on the site visible to people who are suffering from anxiety and are contemplating to buy this or not. My best advice? BUY THIS NOW, IN AUDIO FORMAT. RIGHT NOW. I have been suffering from OCD since age of 17. I've been in inpatient programs, the one I went to was regarded as the best in America. I went through years of doing better, had some relapses, and then was able to pick myself back up every time using exposures exercises and the things I've learned from the program, without medications (I have tried 17 medications and none of them helped). In 2013, I had a major relapse and not even exposures were working and I went on the drug Memantine (the 18th drug I've tried) and it worked amazingly for 2.5 years. Unfortunately, this February of 2016, I have another major relapse. This time, I believe, the Memantine has "pooped out". I resumed the exposure exercises from 1 hour per day to two hours a day with no avail. I went to OCD support sites and people only responded with statements such as "you must be not doing exposures right" or "you are not working hard enough". I knew I was doing it right and I was working super hard because I was able to get out of all the prior relapses before 2013 doing exposures. I was devastated and hopeless. Memantine and exposures were my only tools to beat OCD and neither of them were working. I have been following Dr. Reid's videos and books over the years and I've always gained insights from his work, and when I heard his new book was coming out, I placed an early kindle order before it even came out. By May, I got an email saying I can now have access to it. I was nervous, what if it's stuff I already knew? What if I'm wasting another \$14 on something I could have googled myself? Most importantly, am I going to be disappointed? I read the first 3 chapters on Kindle, and immediately, I bought the audio version so I could listen to it before bed, when my intrusive thoughts are the worst. Dr. Reid made it very easy to understand what are the steps to get out of the never-ending torture cycle. This book is not ERP-heavy like other OCD books, which works for me since exposures haven't work for me in the past few years. (worked for 10 years prior, and I have no idea why exposures stopped working) Instead, it really focuses more on moment-by-moment and constant vigilance in living with OCD. This book made me,

someone with PURE O, who ruminates on every intrusive thoughts realize that no matter how much exposures I do, if I do not respond appropriately when an intrusive thought arise, then all exposures done will surely be wasted; and that's why exposures haven't been working, because I am not responding with the right tactics when thoughts arise. For people who are suffering Pure O, the VERY true exposures are done are when the intrusive thoughts hit. Exposures exercises are great, but scripts are written up; it's how you react when the intrusive thoughts hit that really matters. By responding correctly and using "right tactics", I can not explain it thoroughly here since it will take pages but you can buy the book and find out ', but I can briefly shorten it: Exposure response prevention is important, but without the right attitude and tactics, the feelings of uneasiness will linger. (Those with Pure O definitely know what I mean). After reading this book, I have come to believe that to beat OCD, it should be Exposure Response Prevention with Excitement and Desire, instead of just Exposure Response Prevention. I have went from ritualizing from every second of the day to only 1 hour a day from using what Dr. Reid suggested. All his suggestions are backed up my scientific studies. When you are like me and had nothing to lose, you will try anything. I trusted Dr. Reid and I followed what he suggested diligently and my decrease of hours in ritualizing is the result of reading/listening to this book. Even though I am just N=1, I am positive that this can help others. You can suffer less, "Exposure Prevention with Excitement and Desire", sounds bizarre but it will make sense after you are done with this book. Good luck. No one needs to suffer (that bad).Addendum:This book is NOT specifically for just OCD, it covered different kinds of anxiety issues. My review made it seem it's only for OCD, it's not.

I was initially sceptical, but tried the Kindle sample, and purchased the book a short time later.It is refreshing to read a book written by an author not trying to hype their premise. The book is really about understanding the various senses as they are activated in real world situations, and the resulting self talk. This book is not about denying your sensory feelings, but rather to understand, and place in the proper context given the situation you find yourself in.I would recommend this book to a friend.

Great book. Helped me a lot with my highway driving anxiety

very helpful

on time and as expected!

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The Pregnancy and Postpartum Anxiety Workbook: Practical Skills to Help You Overcome Anxiety, Worry, Panic Attacks, Obsessions, and Compulsions
The Worry Cure: Seven Steps to Stop Worry from Stopping You
Separation Anxiety: A Parent's Guide for Dealing with a Child's Separation Anxiety ~ (Separation Anxiety Disorder | Separation Anxiety in Children or Toddlers)
"Do Not Worry, Do Not Be Anxious, Do Not Be Afraid": A Self-Help Manual for People Who Worry a Lot and Suffer Anxiety and Fear
The Worry Trap: How to Free Yourself from Worry & Anxiety using Acceptance and Commitment Therapy
The Worry Workbook for Teens: Effective CBT Strategies to Break the Cycle of Chronic Worry and Anxiety
Shyness: How To Overcome Shyness and Social Anxiety: Own Your Mind, Confidence and Happiness (Personal Transformation, Confident, Shy, Overcome Fear, Low ... Gain Control, Boost Your Confidence Book 2)
The Dialectical Behavior Therapy Skills Workbook for Anxiety: Breaking Free from Worry, Panic, PTSD, and Other Anxiety Symptoms (A New Harbinger Self-Help Workbook)
Stop Anxiety from Stopping You: The Breakthrough Program For Conquering Panic and Social Anxiety
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Anxiety: Rewire Your Brain Using Neuroscience to Beat Anxiety, Fear, Worry, Shyness and Panic Attacks
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