

# [Free PDF File] Don't Feed the Monkey Mind: How to Stop the Cycle of Anxiety, Fear, and Worry



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The very things we do to control anxiety can make anxiety worse. This unique guide offers a cognitive behavioral therapy (CBT)-based approach to help you recognize the constant chatter of your anxious "monkey mind", stop feeding anxious thoughts, and find the personal peace you crave. Ancient sages compared the human mind to a monkey: constantly chattering, hopping from branch to branch - endlessly moving from fear to safety. If you are one of the millions of people whose life is affected by anxiety, you are familiar with this process. Unfortunately, you can't switch off the "monkey mind", but you can stop feeding the monkey - or stop rewarding it by avoiding the things you fear. Written by psychotherapist Jennifer Shannon, this book shows you how to stop anxious thoughts from taking over using proven-effective cognitive behavioral therapy (CBT), acceptance and commitment therapy (ACT), and mindfulness techniques. By following the exercises in this book, you'll learn to identify your own anxious thoughts, question those thoughts, and uncover the core fears at play. Once you stop feeding the monkey, there are no limits to how expansive your life can feel. This book will show you how anxiety can only continue as long as you try to avoid it. And, paradoxically, only by seeking out and confronting the things that make you anxious can you reverse the cycle that

keeps your fears alive. DISCLAIMER: "We cannot guarantee the availability of this ebook on an external site."

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