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DuFrene, authors

of Mindfulness for

Two, offer an

effective approach

based in

acceptance and

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commitment
therapy (ACT) to
coping with the
worry, panic, and
fear associated
with anxiety
disorders.

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- go terribly,
horribly wrong.
There is no such
life as one totally
bereft of any kind
of pain or strife.
Anxiety and the
unwillingness to
face it is a human
given.

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Instead of trying to help you overcome or reduce feelings of anxiety, Things Might Go Terribly, Horribly Wrong will help you climb inside these feelings, sit in that place, and see what it would be like to have anxiety and still make

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room in your life to breathe and rest and live — really and truly live — in a way that matters to you.

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Anxiety: Form,
Function, and the
Unity of Suffering

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Used alone or in
conjunction with
therapy, our books
offer powerful tools
readers can use to

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in their lives.

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book to tell you

this much:

Sometimes things

fall apart, crack

open, and miss the

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Horribly Wrong will help you climb inside these feelings, sit in that place, and see what it would be like to have anxiety and still make room in your life to breathe and rest and live really and truly live in a way that matters to you. Although it's

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grounded in a research-supported form of psychotherapy called acceptance and commitment therapy, also known as ACT. Things isn't especially technical or ...

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room in your life to
breathe and rest
and live - really
and truly live - in a
way that matters
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Wrong approaches
this breakaway

hypothesis through
the mechanisms of
acceptance and

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commitment
therapy (ACT) and
presents a series of
thinking points and
short games
readers can do to
easily and
effectively begin to
incorporate ACT
techniques into
their lives. This
book is not a full-
scale self-help
approach for

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Someone with
serious anxiety
problems, but an
easy way for
readers who have
wrestled with
worry, fear, and
shyness to put
those feelings into

... Kelly Dufrene

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room in your life to breathe and rest and live — really and truly live — in a way that matters to you.

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A GUIDE TO LIFE
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KELLY, DUFRENE,
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Wrong: A Guide To
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Anxiety, by Kelly
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Dufrene There is
something deeply
funny about this
book. I do not
mean funny in
these of comical,
but rather funny in
the sense of
deliberately and
provocatively

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feelings, sit in that place, and see what it would be like to have anxiety and still make room in your life to breathe and rest and live -- really and truly live -- in a way that matters to you.

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Wilson. Share.

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manifests itself as

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worry, fear,
rumination,
obsession,
compulsion, or
shyness, anxiety is
everywhere, and it
causes no end of
trouble for just
about all of us. But
at its core, anxiety
serves an
important purpose:
to neutralize
uncomfortable

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ambiguities.

Terribly Horribly

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Wrong : Kelly G.

Wilson . . .

The best things in

life are often the

simple things that

make us happy.

But even the most

conventional things

can go horribly

wrong at every

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turn. Failures and mistakes are the main reasons why things don't turn out quite as expected. People either try to fix the mistakes or just live by them. We often have the mentality to accept failures as it is and laugh it off.

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Pictures Showing
How Simple Things
Can Go Terribly
Wrong A Guide

You don't need a
book to tell you
this much:

Sometimes things
fall apart, crack
open, and miss the
mark. You can plan
and strategize and
keep your eye on
the horizon,

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watching for
trouble. And
nothing you can do
will protect you
from the fact that
things might, when
you least expect it,
go terribly, horribly
wrong.

By Wilson

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There is no question: Things might, indeed, go terribly, horribly wrong--if they do, the approach this book offers could be the difference between anxious paralysis and the psychological space and flexibility to move through your

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difficulties with the
grace we all hope
to achieve.

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