

The Worry Cure: Seven Steps to Stop Worry from Stopping You.

Robert L. Leahy. New York: Harmony Press (www.primapublishing.com/crown/harmony.html). 2005, 336 pp., \$24.95 (softcover).

There is a burgeoning literature of popular books on cognitive therapy that are meant for the general public. Many of these are standard classics, such as *Feeling Good: the New Mood Therapy*, or *Mind over Mood*, to mention just a few. Robert Leahy's new book, *The Worry Cure: Seven Steps to Stop Worry from Stopping You*, belongs on the same shelf as these other eminent standards, and is destined to be in the same elite group of cognitive therapy classics that will have enormous impact on the general public. His book is remarkable for its engaging writing style and clarity, its clinical acumen, and its accessibility to general readers. Leahy is indisputably one of the most innovative clinicians/leaders of the cognitive therapy profession. His work is characterized by an extraordinary ability to synthesize concepts and techniques from different parts of our field and present them in a coherent way to others, as well as an ability to incorporate concepts from outside of the cognitive clinical movement into the cognitive framework. He is a true master synthesizer who has a first-rate scholarly grasp of important clinical developments in our field.

His book is immensely practical and clinical patients will find it of definite value and rewarding in their attempts to manage their anxiety problems. The book provides several questionnaires that allow readers to assess their typical worry profiles, maladaptive beliefs and tolerance of uncertainty. The book is well organized and presents a seven-step plan for reducing and managing worries and accompanying behaviors such as procrastination. His coverage is up-to-date, easily understandable and non-technical. Ingenious exercises are included in each section that provide practical steps that readers can take to overcome their worry problems. They are given examples of techniques including identifying and challenging dysfunctional thoughts, and harnessing emotions for change.

The book represents an excellent compendium of techniques that not only the popular public, but therapists and their clients, may find invaluable. As over-challenged as many practitioners are today in attempting to keep up with the literature, they may indulge in the "secret pleasure" of seeing many of the latest developments lucidly presented within a unified cognitive framework in Leahy's coherent book. Thus, it is likely that the book is likely to attract a wide audience among practicing cognitive therapists who want to assign this book to their clients, as well as read it themselves, and many educators may find it useful to assign to practitioners they are training. Of course, the book is intended for a mass audience, and the general public has already made their endorsement of Leahy's book quite clear. Throughout this book, Leahy's unique voice and personality stand in high relief. Among the captivating features of this book, he avoids the stilted prose that characterizes so many books on cognitive therapy that are written for the public. He is a master communicator who writes much as he speaks in person, and draws the reader into book. Thus, this book is one that cognitive therapists will want to have in their own libraries, and will probably want their clients or even trainees to read.

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