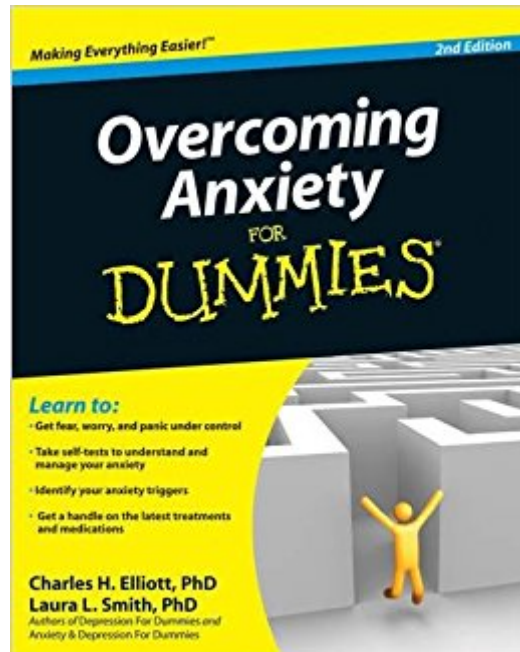




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Overcoming Anxiety For Dummies



Synopsis

Practical, proven ways to get fear, worry, and panic under control Think you worry too much? You're not alone?over 40 million Americans suffer from some form of anxiety. Help is here in this friendly guide, which offers sound advice on identifying anxiety triggers through taking self-tests, improving your eating habits, relaxing, and finding support for you and your loved ones. Now with 25% new and revised content, *Overcoming Anxiety For Dummies*, 2nd Edition explores all of the most common triggers for anxiety, recent developments in medications, newly emerging biologically oriented approaches for treating anxiety, and the most up-to-date advancements in psychotherapies. Understand why you're anxious and pinpoint your triggers Get trusted advice on whether you can overcome anxiety on your own or seek professional help Covers anxiety in teens, young adults, and veterans The practical information in *Overcoming Anxiety For Dummies*, 2nd Edition is your first step toward getting your life back and winning the war against your worries!

Book Information

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Customer Reviews

Learn to: Get fear, worry, and panic under control Identify your anxiety triggers Cope with situations that cause anxiety Take advantage of the latest treatments and medications Get over your anxiety and create a calmer, more peaceful life Job loss, natural disasters, terrorism — with so many things to worry about today, your anxiety levels can easily skyrocket. This engaging guide is packed with techniques you can use immediately to overcome your worries and gain control of your life. You'll pinpoint your triggers, discover the latest therapies, and make lifestyle changes that will have you feeling better fast. Understand anxiety — learn about the main types of anxiety, the

toll it takes on your body, and how to break through roadblocks to change Meet your anxiety head on — see how to transform anxious thoughts into calm ones, challenge your assumptions, and avoid "worry words" Attack anxiety with biology — discover the pros and cons of medications and explore the latest biological alternatives for alleviating anxiety Let go of the battle — improve your diet, exercise, and sleep habits; create calm in your imagination; and find peace through mindfulness Zero in on specific worries — assess actual vs. imagined risks in today's world, prepare for unexpected calamities, and design a health action plan Help others who have anxiety — recognize the signs in friends or family, assist anxious children, and offer support with love and without blame Open the book and find: Common symptoms of anxiety Action steps for conquering your fears Examples to illustrate concepts Breathing and muscle exercises to help you relax Methods for accepting uncertainty in life Strategies for helping kids with anxiety Tips for stopping anxiety fast Ten ways to handle relapse Signs you should seek professional help

Charles H. Elliott, PhD, and Laura L. Smith, PhD, are clinical psychol-ogists who specialize in the treatment of anxiety and mood disorders. They are the authors of several For Dummies books, including Borderline Personality Disorder For Dummies and Obsessive-Compulsive Disorder For Dummies.

I love this book. I just wanted to say thank you so much to the authors who wrote this. This book has changed my life from being in constant worry to being relaxed and successful. If you suffer from anxiety or stress, get this book. It will change your life. Thanks again.

This is a well written book that has easy to understand exercises and I would absolutely recommend it to anyone with anxiety or lives with someone with anxiety.

I've been counseling trauma survivors since 2006. Many have issues that require a great deal of their time, sweat, and tears. This book has given me material that I can share in hopes of smoothing the rough edges of their lives. One can never have too many tools in the tool chest.

Great book!

I got this for a friend (really, I did!), but wanted to go through it to see if I thought it would be helpful before giving it to them. I was very impressed with the reader friendly presentation of information.

Sure, people may have heard or read some of it before, but it is likely you will find at least a few new suggestions here.

I've been over anxious and a little stressed I'm writing a review for this book but I enjoyed reading it and there are some helpful tips.

So far i've just read the foreword and Chapter 1. I am looking forward to reading and using this book, as I am going through a number of issues in my life. About 20 years ago, I was a patient of Dr. Elliott and he was able to help me. I have great respect for him.

I bought this book to help me understand the anxiety a loved one is experiencing. He read it first and learned a tremendous amount, allowing him to relax a little about what he was feeling. I'm reading it now and understanding more, too. This is an especially good book for engineer types who like manuals, but is going to help anyone. The text is well organized and written to be easy to absorb. Stories of real people are helpful as well. There are resources in the back of the book for further reading, which I find particularly important.

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