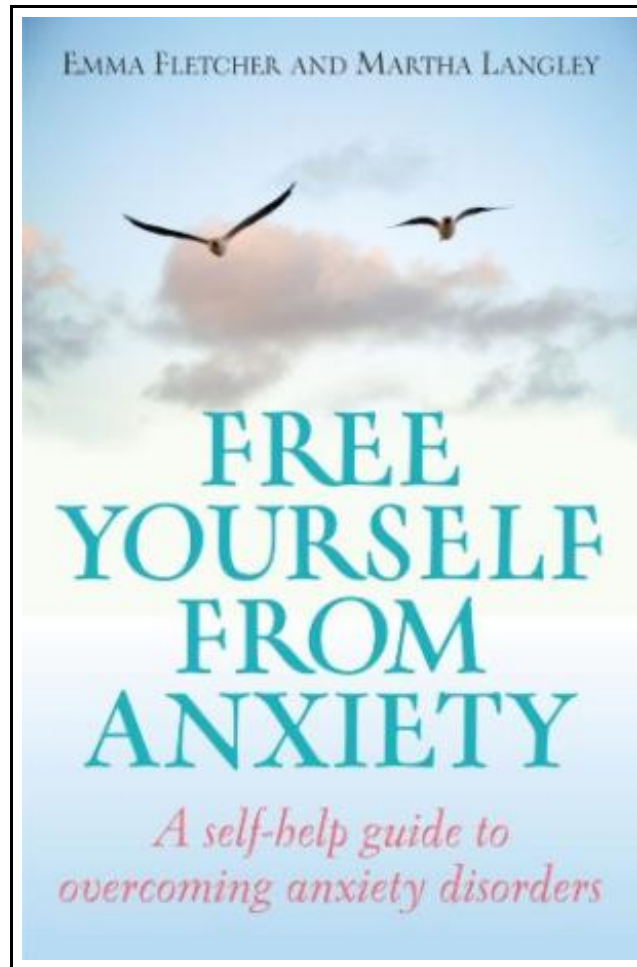


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FREE YOURSELF FROM ANXIETY: A SELF-HELP GUIDE TO OVERCOMING ANXIETY DISORDER



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Little, Brown Book Group. Paperback. Book Condition: new. BRAND NEW, Free Yourself from Anxiety: A Self-Help Guide to Overcoming Anxiety Disorder, Emma Fletcher, Martha Langley, Anxiety disorders can rob you of independence, happiness and self-esteem. This book will enable you to free yourself from the crippling effects of anxiety and to go on to a happier and more fulfilled life. The authors describe simple self-help techniques and practical tips derived from years of helping people with anxiety problems. This book enables the reader to: assess what changes you need to make; create a personal recovery programme; set realistic goals and work towards them; change unhelpful ways of thinking; and, take back control of your life. The techniques can be used for all forms of anxiety: phobias (including Agoraphobia and Social Phobia), Obsessive Compulsive Disorder, Panic Attacks and General Anxiety Disorder. However bad your anxiety, and however long you've had it, you can recover. Using true life examples from anxiety sufferers, this book shows you just how you can do it. Contents: Who this Book is for; Acknowledgements; Dedication; 1 The Black Hole of Anxiety; PART ONE; 2. Are You Sure it's Anxiety? 3. Depression; 4. Anxiety Disorders; 5. Helping Yourself to Overcome Anxiety; 6. Two Key Skills: Goal Setting and Relaxation; 7. Causes of Anxiety Disorders; 8. The Connection between Mind, Body and Spirit; 9. Taking Exercise to Help Anxiety; 10 Examining Your Diet; 11. More about Diet; 12. Understanding Alcohol, Nicotine and Other Drugs; 13. Your Sleep Patterns; 14. Positive Experiences; 15. Achieving Life Balance and Managing Your Time; 16. Review - Lifestyle Changes; PART TWO; 17. Taking the Next Step; 18. Examining Anxiety Behaviours; 19. What Do You Want to Achieve? 20 Looking at Change and Risk; 21. How Your Anxiety Affects Your Friends and Family; 22. Learning...

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