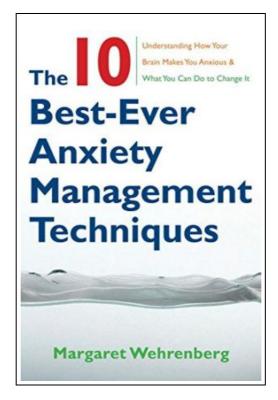
The 10 Best-Ever Anxiety Management Techniques Understanding How Your Brain Makes You Anxious and What You Can Do to Change It



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Reviews

It is simple in study safer to understand. It can be full of knowledge and wisdom Your way of life span is going to be enhance when you full looking at this book.

(Lavina Torp)

THE 10 BEST-EVER ANXIETY MANAGEMENT TECHNIQUES UNDERSTANDING HOW YOUR BRAIN MAKES YOU ANXIOUS AND WHAT YOU CAN DO TO CHANGE IT



W. W. Norton & Company. Paperback. Book Condition: New. Paperback. 256 pages. Dimensions: 9.1in. x 6.1in. x 0.8in.A strategy-filled handbook to understand, manage, and conquer your own stress. Anxiety disorders-grouped into three main categories: panic, generalized anxiety, and social anxiety-are among the most common and pervasive mental health complaints. From the subtlest effect of sweaty palms during a work presentation to the more severe symptom of reclusion, anxiety casts a wide net. Medication, once considered the treatment of choice, is losing favor as more and more sufferers complain of unpleasant side effects and its temporary, quick-fix nature. Now, thanks to a flood of fresh neurobiology research and insights into the anatomy of the anxious brain, effective, practical strategies have emerged allowing us to manage day-to-day anxiety on our own. Addressing physical, emotional, and behavioral symptoms, Margaret Wehrenberg, a leading mental health clinician, draws on basic brain science to highlight the top ten anxiety-defeating tips. Everything from breathing techniques and mindful awareness to cognitive control and self-talk are included-all guaranteed to evict your anxious thoughts. 20 illustrations This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.

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