



## How to Master Anxiety: All You Need to Know to Overcome Stress, Panic Attacks, Trauma, Phobias, Obsessions and More

By Joe Griffin, Ivan Tyrrell

Human Givens Publishing Ltd. Paperback. Book Condition: new. BRAND NEW, How to Master Anxiety: All You Need to Know to Overcome Stress, Panic Attacks, Trauma, Phobias, Obsessions and More, Joe Griffin, Ivan Tyrrell, "Mastering Anxiety" is a major step forward in the way we understand and deal with a wide range of anxiety disorders - from phobias to post traumatic stress. Based on the human givens approach to psychotherapy, it contains science-based insights into human behaviour, our needs and the ways in which we get those needs met that will help you overcome a wide range of anxiety-led behaviours and take back control of your life. Down-to-earth and easy-to-read, this book gives clear advice and practical steps for anyone wanting to conquer their own over-anxious behaviour - whatever it is - or help others overcome theirs. Full of practical techniques for learning how to relax, it also teaches you how to avoid "black and white thinking" and gives examples of how to change your perspective on something you fear, to reframe your thinking and trick your brain into not making the inevitable catastrophic 'pattern match' which causes your anxiety. And encouraging case studies, covering all kinds of anxious or phobic...



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