



## Anxiety Management

By T.O. Augustine

2002. Hardcover. Book Condition: New. 360 Anxiety is viewed in this book from different angles-as a result of faulty social learning, determined by unconscious drives and conflicts, resulting from stressful life events, fermenting out of conflicting decision making situations, as a product of existential philosophy, as a resultant of the inconsistencies and contradictions within the self-concept of the person, as an outcome of the pathologies in the social concept, resulting from the high achievement expectations, as a result of reactivation of prior traumas, as a product of social catastrophies and as an outcome of the threatening life events. The application of behaviour therapeutic techniques are mentioned more or less in detail with the purpose of benefiting it to persons suffering from anxiety and also for students and professionals in the area of mental health. The discussion regarding the basic relationship skills are useful for persons who are interested to improve the quality of their social skills and interpersonal interactions. A person can evaluate his own relationship defieits and frame an optional model behaviour to strengthen his social skills. The book is expected to lead to more empirical studies in the areas of religion and anxiety and hoped to probe more...



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