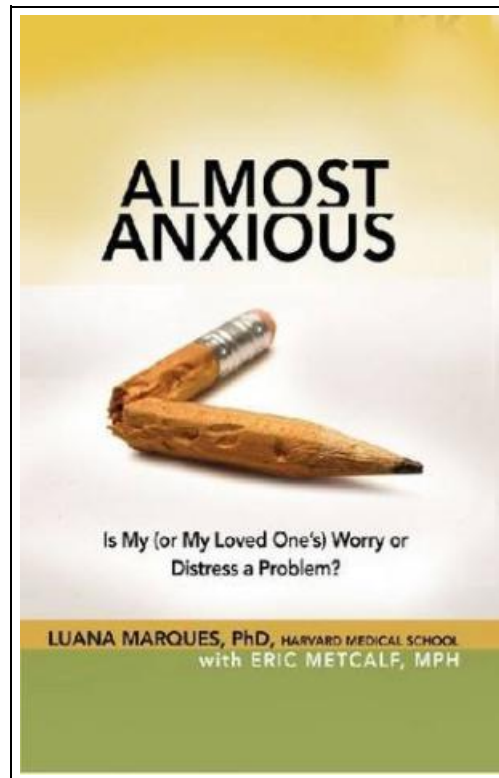


## Almost Anxious: Is My (or My Loved One's) Worry or Distress a Problem?



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Hazelden Information & Educational Services. Paperback. Book Condition: new. BRAND NEW, Almost Anxious: Is My (or My Loved One's) Worry or Distress a Problem?, Luana Marques, Eric Metcalf, Recognise obsessive thoughts that can cause worry and panic, and gain the skills to change unhealthy feelings of distress in everyday life. It is only human to worry about problems in our lives - but for some, obsessing for weeks and months, avoiding social events and situations due to feelings of panic can become a regular part of our lives. If any of these describe you or a loved one, then you or they may be almost anxious. Those of us who are almost anxious may never address the issue because we don't fully meet the diagnostic criteria for an anxiety disorder. In Almost Anxious , Luana Marques describes the spectrum of almost anxiety symptoms, from normal situational anxiety on one end to a full-blown diagnosable anxiety disorder on the other. Drawing on case studies and the latest research, she gives you the tools to: Assess whether your or a loved one's worry is a problem Gain insight on how to intervene with a loved one Discover proven strategies to change unhealthy feelings of distress Gage the physical, psychological, and social impact of your anxiety symptoms Determine when and how to get professional help when needed The main goal of this book is to teach you how to bring your anxiety from a level that is negatively affecting your life back to the "optimal zone," where you are actually benefiting from a sense of moderately heightened arousal that evolution gave to us. When worries arise, you manage them in a healthy way. You interrupt rising anxiety before it becomes a serious problem in your life. Millions of people consistently worry and have...



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