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*A Books on*

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title to help  
you stop  
worrying about  
your health and  
enjoy life.

Many of us have  
a tendency to  
worry  
unnecessarily  
about our  
health. For  
some the

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*anxiety becomes  
chronic, and  
they may spend  
many hours  
checking for  
symptoms,  
seeking  
reassurance  
from others,  
surfing the  
internet for  
information  
about different*

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diseases, or  
repeatedly  
visiting the  
doctor. It is  
distressing for  
them and for  
everyone around  
them. In fact,  
health anxiety  
can be very  
successfully  
treated with  
cognitive

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behavioural  
therapy - the  
approach taken  
in this self-  
help guide.

Using a  
structured,  
step-by-step  
approach the  
authors explain  
how the problem  
develops, how  
to recognize

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*what feeds it  
and how to  
develop  
effective  
methods of  
dealing with  
it. - Includes  
questionnaires,  
case studies  
and exercises -  
Based on proven  
CBT techniques  
- Includes a*

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chapter on fear  
On Prescription  
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of death and  
fear of  
vomiting  
Practical,  
proven ways to  
get fear,  
worry, and  
panic under  
control Think  
you worry too  
much? You're  
not alone?over

# Get Free Overcoming Anxiety: A Books On Prescription Title (Overcoming Books)

*40 million  
Americans  
suffer from  
some form of  
anxiety. Help  
is here in this  
friendly guide,  
which offers  
sound advice on  
identifying  
anxiety  
triggers  
through taking*



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self-tests,  
improving your  
eating habits,  
relaxing, and  
finding support  
for you and  
your loved  
ones. Now with  
25% new and  
revised  
content,  
Overcoming  
Anxiety For

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Edition

On Prescription  
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explores all of  
the most common  
triggers for  
anxiety, recent  
developments in  
medications,  
newly emerging  
biologically  
oriented  
approaches for  
treating

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anxiety, and  
the most up-to-  
date  
advancements in  
psychotherapies  
. Understand  
why you're  
anxious and  
pinpoint your  
triggers Get  
trusted advice  
on whether you  
can overcome

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anxiety on your  
own or seek  
professional  
help Covers  
anxiety in  
teens, young  
adults, and  
veterans The  
practical  
information in  
Overcoming  
Anxiety For  
Dummies, 2nd

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**Books)**

*Edition is your  
first step  
toward getting  
your life back  
and winning the  
war against  
your worries!  
Help kids find  
freedom from  
anxiety with  
engaging  
activities for  
ages 8 to 12*

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**Anxiety: A Books**  
*Dealing with*  
**On Prescription**  
*anxiety is*  
**Title (Overcoming**  
*tough, but with*  
**Books)**  
*the right*  
*tools, kids can*  
*learn how to*  
*handle it in a*  
*healthy way so*  
*they can get*  
*back to the fun*  
*of being a kid.*  
*Anxiety Relief*  
*Book for Kids*

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**Anxiety: A Books**  
*is the perfect*  
**On Prescription**  
*introduction to*  
**Title (Overcoming**  
*anxiety books*  
**Books)**  
*for kids, full*  
*of information*  
*and exercises*  
*to help kids*  
*build skills*  
*for finding*  
*peace and*  
*facing their*  
*fears with*  
*confidence.*

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Anxiety: A Books  
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Books)

*This standout among anxiety books for kids includes: An understanding of worries--Unlike many other anxiety books for kids, this one teaches them where worries come*



**Get Free**  
**Overcoming**  
**Anxiety: A Book**  
**On Prescription**  
**Title (Overcoming**  
**Books)** *Real-life*  
*solutions--Kids*  
*will learn to*  
*notice when*  
*their worries*  
*are causing*  
*problems,*  
*recognize what*  
*their feelings*  
*are trying to*

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**Anxiety: A Books**  
*tell them, and*  
**On Prescription**  
*come up with*  
**Title (Overcoming**  
*ideas for*  
**Books)**  
*making their*  
*worries feel*  
*smaller. A*  
*range of fun ac*  
*tivities--Writi*  
*ng, drawing,*  
*and meditating*  
*will help kids*  
*calm their*  
*bodies and*

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quiet their  
On Prescription  
thoughts.

Proven strategies--Kids can  
start finding  
relief through  
exercises based  
in mindfulness,  
cognitive  
behavioral  
therapy, and  
exposure  
therapy. Help

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**Overcoming**  
**Anxiety: A Books**  
*kids show their*  
**On Prescription**  
*worries who's*  
**Title (Overcoming**  
*boss with help*  
**Books)**  
*from this*  
*empowering*  
*choice in*  
*anxiety books*  
*for kids.*  
*Now fully*  
*revised and*  
*updated,*  
*including new*  
*and fun*

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**Overcoming**  
**Anxiety: A Books**  
*activities for*  
**On Prescription**  
*dealing with*  
**Title (Overcoming**  
*school anxiety,*  
**Books)**  
*social media*  
*overwhelm,*  
*bullying, and*  
*more. Being a*  
*teen is hard*  
*enough without*  
*anxiety getting*  
*in the way. Not*  
*only are you*  
*changing more*

**Get Free**  
**Overcoming**  
**Anxiety: A Book**  
*than ever before*  
**On Prescription**  
*e-physically*  
**Title (Overcoming**  
**Books)**  
*and*  
*mentally—you're*  
*also facing an*  
*increasing*  
*number of*  
*global issues,*  
*such as*  
*pandemics,*  
*school*  
*violence, and*  
*climate change.*

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Anxiety: A Books  
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Books)

*On top of all these big events, if you suffer from panic attacks, chronic worry, and feelings of isolation, it can be very difficult to meet your goals and succeed.*

*The good news*

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Books)

*is there are  
real, powerful  
ways that you  
can take  
control of your  
anxiety—and  
your life! In  
this second  
edition of  
Mindfulness for  
Teen Anxiety,  
psychologist  
and learning*



Get Free  
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Anxiety: A Books  
specialist  
On Prescription  
Christopher  
Title (Overcoming  
Willard offers  
Books) like you  
proven-  
effective, mind  
fulness-based  
practices to  
help you cope  
with your  
anxiety,  
identify common  
triggers (such

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*as dating,*  
**On Prescription**  
*social media,*  
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*or school*  
**Books)**  
*performance),*  
*learn valuable*  
*time-management*  
*skills, and*  
*feel more calm*  
*at home, in*  
*school, and*  
*with friends.*  
*You'll learn*  
*doable skills*

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Anxiety: A Books  
for dealing  
with specific  
situations that  
cause anxiety,  
such as public  
speaking,  
taking tests,  
meeting new  
people, and  
more. You'll  
also discover  
special  
breathing

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*exercises to  
help you stay  
calm in moments  
of panic, and  
guided  
visualization  
exercises to be  
cool and  
collected, even  
in the tensest  
situations. If  
you are ready  
to move past*

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Books)  
your anxiety,  
panic, and  
worry and start  
being your  
best, this  
workbook will  
be your  
guide—every  
step of the  
way.

Overcoming  
Anxiety, Stress  
and Panic: A

Get Free  
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Anxiety: A Books  
*Five Areas  
Approach, Third  
Edition  
Anxiety  
How to Overcome  
Anxiety and  
Optimize Your  
Performance  
30 Days 30 Ways  
to Overcome  
Anxiety  
A self-help  
guide using*

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*cognitive  
behavioural  
techniques  
Unwinding*

*Anxiety  
A self-help  
guide to  
overcoming  
anxiety  
disorder*

**Teaches readers  
cognitive-  
behavioral**

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*techniques for*  
**On Prescription**  
*overcoming*  
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*hypochondriasis*  
**Books)**  
*and health-related*  
*fears. Original.*  
*Fully updated*  
*edition of the*  
*bestselling self-help*  
*book, now*  
*recommended on*  
*the national Books*  
*on Prescription*  
*scheme. This ever-*



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**Anxiety: A Book**  
*popular guide offers*  
**On Prescription**  
*a self-help*  
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*programme, written*  
*by one of the UK's*  
*leading authorities*  
*on anxiety and*  
*based on CBT, for*  
*those suffering*  
*from anxiety*  
*problems. A whole*  
*range of anxieties*  
*and fears are*  
*explained, from*

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*panic attacks and  
phobias to  
obsessive  
compulsive disorder  
(OCD) and  
generalised  
anxiety. It includes  
an introduction to  
the nature of  
anxiety and stress  
and a complete self-  
help programme  
with monitoring*

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sheets based on  
On Prescription  
Cognitive  
Title (Overcoming  
Behavioural  
Books)  
Therapy. The  
following websites  
may offer useful  
further information  
on anxiety  
disorders: [www.social-anxiety.org.uk](http://www.social-anxiety.org.uk)  
[www.stress.org.uk](http://www.stress.org.uk)  
[www.triumphoverphobia.com](http://www.triumphoverphobia.com)

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that help you  
reduce anxiety on  
the spot. This book  
is both a handy  
resource for stress  
management and a  
close look into the  
causes of anxiety.  
Evidence-based  
strategies show you  
how to control a  
variety of  
symptoms in lots of

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different  
circumstances. With  
Be Calm, you're  
always prepared. --  
cover.

*If you're seeking  
lasting relief from  
out-of-control  
anxiety, this is the  
book for you. It is  
grounded in  
cognitive behavior  
therapy, the proven*

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*treatment approach  
developed and*

*tested over more*

*than 25 years by*

*pioneering clinician-*

*researcher Aaron T.*

*Beck. Now Dr. Beck*

*and fellow cognitive*

*therapy expert*

*David A. Clark put*

*the tools and*

*techniques of*

*cognitive behavior*

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therapy at your  
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fingertips in this  
Title (Overcoming  
compassionate  
Books)  
guide. Carefully  
crafted worksheets  
(you can download  
and print additional  
copies as needed),  
exercises, and  
examples reflect  
the authors'  
decades of  
experience helping



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people just like you.

Learn practical

strategies for

identifying your

anxiety triggers,

challenging the

thoughts and

beliefs that lead to

distress, safely

facing the

situations you fear,

and truly loosening

anxiety's grip--one

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*manageable step at*

*a time. Association*

*for Behavioral and*

*Cognitive Therapies*

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*Overcoming*

*Anxiety, Panic, and*

*Fearz*

*I Am Stronger Than*

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Free Yourself From  
Anxiety  
Overcoming Health  
Anxiety  
Sometimes I'm  
Anxious  
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Worry Workbook  
Reassuring Ways to  
Break Free from  
Stress and Worry  
and Lead a Calmer

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Let go of your  
worries and take  
back your life with  
journaling  
prompts that help  
overcome anxiety  
developed by a  
psychologist with  
expertise in CBT  
and DBT  
therapies. As a

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teen or young  
adult, things like  
school work, social  
media, and  
navigating  
friendships can  
bring tons of  
stress, and you  
may often feel  
anxious and  
overwhelmed.  
That's why

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Psychologist Terri  
Bacow, Ph.D.,  
developed this  
book with fun and  
accessible writing  
exercises  
designed to  
diminish worries,  
insecurities, fears,  
conflicts, and  
stressors just for  
your unique

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issues. Even  
better, you will  
learn practical  
coping skills that  
you can use  
whenever you feel  
anxious. • 100+  
journaling  
prompts that offer  
space to write  
down your worries  
and release your

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anxious feelings •  
40+ CBT- and DBT-  
based strategies  
to help you  
challenge worry  
thoughts and  
conquer anxiety-  
inducing thinking  
patterns • 50+  
practical tools,  
including coping  
strategies and



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supportive  
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statements that  
Title (Overcoming  
you can use  
Books)  
whenever you feel  
worry starting to  
take hold These  
coping skills  
include highly  
effective  
strategies to  
reduce anxiety,  
incorporating cogn

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Books)  
itive-behavioral  
therapy (CBT),  
dialectical  
behavior therapy  
(DBT), and other  
scientifically  
based therapy  
approaches. Say  
goodbye to  
anxiety and enjoy  
your life!

Anxiety and

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depression are the two most common emotions that plague people, causing emotional distress and feelings of inferiority, loneliness, and despair. Help is available for these people in

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pain--help from  
God, from His  
Word, and from  
the experience of  
gifted men and  
women who seek  
to lead people to  
wholeness.

Readers will  
readily identify  
with licensed  
family counselor

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Bob Phillips as he provides descriptions of the potentially debilitating effects of these difficult emotions. He reveals the root causes of anxiety and depression, which are fear and anger, and he

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helps readers  
acknowledge and  
deal with these  
driving forces in  
an effective, godly  
way. He includes a  
gentle and helpful  
presentation of  
spiritual issues  
and the gospel  
that will benefit  
believers and

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nonbelievers alike.

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approach is

written with the

lay person in mind

and includes

plenty of practical

and effective self-

help exercises

that readers can

use to find

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freedom. Christian  
counselors will  
recognize that  
Bob's system is  
built on a solid  
foundation of  
scriptural  
principles and up-  
to-date technical  
research on  
mental health.  
"Teaches school-



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age children cognitive-behavioral techniques to reduce and overcome anxiety, fears, and worry, through writing and drawing activities and self-help exercises and strategies.  
Includes

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introduction for  
parents"--Provided  
by publisher.

From the  
bestselling anxiety  
expert, Bev  
Aisbett, comes a  
proven and  
practical  
workbook to help  
people manage  
their anxiety, with

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strategies for work  
Title (Overcoming  
and for home. A  
Books)  
clear, practical  
day-by-day  
workbook, written  
by experienced  
counsellor and  
bestselling author  
of the classic  
national bestseller  
about anxiety,

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Living with IT, Bev  
Aisbett, to help  
people control  
their anxiety.

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the exercises Bev  
has been teaching  
and writing about  
for the past  
twenty years, the  
book provides  
clear, simple daily

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building blocks to  
help people  
manage their  
anxiety and assist  
in recovery.

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carried in  
handbags or  
backpacks as a  
daily companion,  
this is a highly  
approachable,

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Books)

concise, practical,  
simple and above  
all proven method  
of overcoming

anxiety. Bev

Aisbett is

Australia's leading

author in books

around managing

anxiety. In 1993,

after recovering

from severe

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anxiety and  
depression  
herself, Bev  
turned to her  
artistic talents to  
create the first of  
her ground-  
breaking  
illustrated self-  
help books Living  
with IT- A  
Survivor's Guide

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to Panic Attacks,  
On Prescription  
Title (Overcoming  
Books)  
which rapidly  
became a national  
bestseller, with  
over 200,000  
copies sold. In  
2013,  
HarperCollins  
published the fully  
revised and  
updated 20th  
anniversary



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edition of this  
classic book.

Practical Tools to  
Help You Deal

with Negative  
Emotions

Strategies for Fine-  
Tuning Your Mind

and Moving Past  
Your Stuck Points

A Guided Journal  
for Overcoming

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Worry (A Guided  
Workbook for  
Teens and Young  
Adults with CBT  
Skills and Journal  
Prompts)

A Workbook for  
Overcoming  
Anxiety at Home,  
at School, and  
Everywhere Else  
Overcoming

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Books)  
Overthinking  
What to Do When  
You Worry Too  
Much

How to Stop the  
Cycle of Anxiety,  
Fear, and Worry  
**This interactive  
guide will help  
you overcome  
your anxiety or  
panic and free  
you to enjoy**

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activities you  
On Prescription  
have been  
Title (Overcoming  
avoiding. Let  
Books) Dr. McMahon  
guide you  
through a  
process of  
understanding  
your personal  
anxiety cycle  
and learning to  
change your  
anxiety-related  
thoughts and

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**actions. These  
benefits are  
Long-lasting and  
do not require  
medication.**

**In Freedom from  
Fear, Dr. Howard  
Liebgold, M.D.,  
a psychiatrist  
who overcame a  
claustrophobic  
condition that  
lasted 31 years,  
reveals the**

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Techniques that  
he has used to  
help (thousands  
of patients to  
conquer their  
fears. In the  
course of just a  
few weeks,  
everyone  
suffering from  
acute phobias  
will learn  
simple but  
powerful methods**

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**for the cure of  
their symptoms  
and how to stop  
panic attacks.**

**Finally, even  
the most anxiety-  
ridden will  
learn the  
strategies and  
coping  
mechanisms to  
gently and  
safely overcome  
devastating,**

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constricting  
fears or  
obsessive  
compulsive  
behaviors. By  
following this  
ten-week, step-  
by-step program,  
readers will  
learn to: -  
Understand the  
nature of  
phobias - Design  
a personalized



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strategy to  
conquer their  
fears -  
Understand and  
practice non-  
avoidance -  
Develop a mutual  
support system -  
Follow sound  
nutrition and  
exercise  
practices -  
Master  
relaxation

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techniques -  
Freedom from  
Fear (is the  
first book on  
phobias written  
by a physician  
who suffered and  
recovered from  
crippling  
phobias.  
You're anxious  
all the time,  
experiencing  
panic attacks

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over and over,  
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and maybe afraid  
to leave your  
house or to be  
left alone for  
even a few  
minutes.. You  
are avoiding  
simple things  
like driving,  
eating in  
restaurants,  
attending family  
functions, or

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going to the  
supermarket. You  
are terrified of  
the next wave of  
anxiety or the  
next panic  
attack. Your  
anxiety problems  
are ruining your  
relationships,  
your family  
life, and your  
career. Your  
anxiety problems

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**have you afraid,  
confused, lost,  
and feeling  
hopeless. How  
did you get  
here? What went  
wrong? You've  
tried so many  
things, but  
nothing has  
cured your  
anxiety? What  
can you do now?**

**The Anxious**

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Truth is a step-  
by-step guide to  
understanding  
and overcoming  
the anxiety  
problems that  
have plagued you  
for so long.  
This book,  
written by a  
former anxiety  
sufferer, best-  
selling author  
of "An Anxiety

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Story", and host  
of the The  
Anxious Truth  
podcast will  
walk you through  
exactly how you  
got to where you  
are today, why  
you are not  
broken or ill,  
and what the  
true nature of  
your anxiety  
disorder is.

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**Next, the book  
will walk you  
through what it  
takes to solve  
your anxiety  
problems, how to  
make an anxiety  
recovery plan,  
then how to  
correctly  
execute that  
plan. The  
Anxious Truth  
isn't always**



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Books)

**what you want to  
hear, but it's  
what (you NEED to  
hear in order to  
solve this  
problem once and  
for all and move  
toward the life  
you so  
desperately  
want. Based  
firmly on the  
principles of  
cognitive**

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behavioral  
On Prescription  
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Books)  
therapies that  
have (been shown  
over decades to  
be most  
effective in  
treating anxiety  
problems, the  
Anxious Truth  
will teach you  
how to move past  
your anxiety  
symptoms, past  
endless digging

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Anxiety: A Book  
On Prescription  
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Books)  
for hidden "root  
causes", and  
into an action  
oriented plan  
that will help  
your brain un-  
learn the bad  
reaction and  
fear habits that  
have gotten you  
into this  
predicament. The  
Anxious Truth  
will take the

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Anxiety: A Books  
cognitive mechanism that  
got you into a  
corner, throw it  
in reverse, and  
use it to your  
advantage,  
backing you out  
of this jam and  
into a life free  
from irrational  
fear and  
needless  
avoidance. More

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than just a  
book, The  
Anxious Truth  
goes hand-in-  
hand with The  
Anxious Truth  
podcast ([https://  
/theanxioustruth  
.com](https://theanxioustruth.com)) and the  
growing and  
vibrant social  
media community  
surrounding it.  
Read the book,

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years worth of  
free (podcasts  
chock full of  
helpful advice  
and information,  
and join a large  
online community  
of fellow  
anxiety  
sufferers that  
are done talking  
about this  
problem and

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ready to  
On Prescription  
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actually take  
action to solve  
it. Change is  
possible. No  
matter how long  
you've suffered  
with your  
anxiety issues,  
you can get  
better. The  
Anxious Truth  
will tell you  
what you need to

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hear and will  
arm you with the  
information,  
understanding,  
and skills you  
need to get the  
job done. Let's  
do this  
together!  
Do you or  
someone you love  
suffer from "bad  
nerves"? •Denise  
is constantly on



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Anxiety)

edge. She's  
convinced  
something bad is  
going to happen.

•Ruth will drive  
an hour out of  
her way to avoid  
driving over a  
bridge. When she  
has to do it,  
her chest  
thumps, her  
heart starts  
racing, and she

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breaks out in a  
sweat. She's  
beginning to  
think she  
shouldn't leave  
her house.

•Bernice hasn't  
slept in two  
months for fear  
that the witch  
is going to ride  
her again. What  
do these women  
have in common?

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**They are  
struggling with  
crippling  
anxiety  
disorders.**

**Thousands of  
Black women  
suffer from  
anxiety. What's  
worse is that  
many of us have  
been raised to  
believe we are  
Strong Black**

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Books)  
Women and that  
seeking help  
shows weakness.  
So we often turn  
to dangerous  
quick fixes that  
only exacerbate  
the problem --  
like overeating  
and drug and  
alcohol abuse --  
or we deny that  
we have problems  
at all. In

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Soothe Your Nerves, Dr.  
On Prescription  
Angela Neal-  
Barnett explains  
which factors  
can contribute  
to anxiety,  
panic, and fear  
in Black women  
and offers a  
range of healing  
methods that  
will help you or  
a loved one

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reclaim your  
life. Here  
finally is a  
blueprint for  
understanding  
and overcoming  
anxiety from a  
psychological,  
spiritual, and  
Black  
perspective.  
A Self-Help  
Guide Using  
Cognitive

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and Generalised  
Anxiety  
Disorder, 2nd  
Edition  
Mindfulness for  
Teen Anxiety  
From Panicked  
and Depressed to  
Alive and Free  
Anxiety Relief  
Book for Kids

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**Conquer Anxiety  
36 Ways to Tame  
Anxiety for  
Work, School,  
and Life**

Anxiety is not your fault. There are many factors that contribute to developing a mind that is prone to intense anxiety, and if you have such a



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mind, there are  
many things you  
can do to change  
the way it works.

Research has  
shown that  
practicing kindness  
and compassion  
soothes  
experiences of fear,  
while self-critical  
thoughts tend to  
intensify them. If

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you become  
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frustrated with your  
anxious reactions or  
consistently try to  
talk yourself out of  
your anxiety, it may  
be time to try a  
different approach.  
The compassion-  
focused therapy  
(CFT) based  
program in The Co  
mpassionate-Mind

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Guide to  
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Overcoming Anxiety  
will help you learn to  
be kinder to yourself  
while you soothe  
your anxious  
impulses. Complete  
with worksheets,  
exercises, and  
meditation  
practices, this book  
includes everything  
you need to learn

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mindfulness and  
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compassion-  
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focused skills for  
Books)  
redirecting your  
anxious thoughts  
and allowing  
yourself to enjoy a  
more peaceful life.  
By learning to be a  
compassionate  
witness to your own  
pain, you will also  
learn to be fully

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present in the  
moment, and  
develop healthier,  
more fluid ways of  
responding to life's  
struggles. This  
resourceful guide  
aims to help you  
understand the  
nature of your  
anxiety, the best  
ways of dealing with  
it, and how your

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mind can help you  
cope with it.

More than half of us  
who struggle with  
anxiety do not get  
treatment. Why?

Because we often  
feel embarrassed to  
be suffering,  
concerned about the  
stigma of asking for  
help, or anticipate  
that things will never

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get better. For those of you who ruminate about the past, feel stressed in the present, and worry about the future, this book will help you challenge your thinking, create new strategies, and connect with others so that you can live the life you

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want--and deserve.  
Deborah Grayson  
Riegel and Sophie  
Riegel share their  
unique perspective  
and personal stories  
as a mother and  
daughter who both  
have multiple  
anxiety  
disorders--and who  
are both thriving  
personally and



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professionally. It is their goal to give anyone struggling with anxiety a new and more hopeful approach to work, school, and life.

Overcoming app now available. Fully updated edition of the bestselling self-help book, now recommended on

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the national Books  
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scheme. This ever-  
popular guide offers  
a self-help  
programme, written  
by one of the UK's  
leading authorities  
on anxiety and  
based on CBT, for  
those suffering from  
anxiety problems. A  
whole range of

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anxieties and fears are explained, from panic attacks and phobias to obsessive compulsive disorder (OCD) and generalised anxiety. It includes an introduction to the nature of anxiety and stress and a complete self-help

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programme with  
monitoring sheets  
based on Cognitive  
Behavioural  
Therapy. The  
following websites  
may offer useful  
further information  
on anxiety

disorders: [www.social-anxiety.org.uk](http://www.social-anxiety.org.uk)

[www.stress.org.uk](http://www.stress.org.uk)

[www.triumphoverph](http://www.triumphoverph)

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obia.com  
New York Times  
and Wall Street

Journal bestseller A  
step-by-step plan  
clinically proven to  
break the cycle of  
worry and fear that  
drives anxiety and  
addictive habits We  
are living through  
one of the most  
anxious periods any

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of us can  
remember. Whether  
facing issues as  
public as a  
pandemic or as  
personal as having  
kids at home and  
fighting the urge to  
reach for the wine  
bottle every night,  
we are feeling  
overwhelmed and  
out of control. But in

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this timely book, Judson Brewer explains how to uproot anxiety at its source using brain-based techniques and small hacks accessible to anyone. We think of anxiety as everything from mild unease to full-blown panic. But it's also

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what drives the  
addictive behaviors  
and bad habits we  
use to cope (e.g.  
stress eating,  
procrastination,  
doom scrolling and  
social media). Plus,  
anxiety lives in a  
part of the brain that  
resists rational  
thought. So we get  
stuck in anxiety



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habit loops that we can't think our way out of or use willpower to overcome. Dr. Brewer teaches us to map our brains to discover our triggers, defuse them with the simple but powerful practice of curiosity, and to train our

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brains using  
mindfulness and  
other practices that  
his lab has proven  
can work. Distilling  
more than 20 years  
of research and  
hands-on work with  
thousands of  
patients, including  
Olympic athletes  
and coaches, and  
leaders in

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government and  
On Prescription  
business, Dr.  
Title (Overcoming  
Brewer has created  
Books)  
a clear, solution-  
oriented program  
that anyone can use  
to feel better - no  
matter how anxious  
they feel.  
Letting Go of Your  
Fear of Illness  
Practical About  
Panic

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Overcoming Anxiety  
and Panic  
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A Kid's Guide to  
Overcoming Anxiety  
Overcoming  
Anxiety, 2nd Edition  
The Cognitive  
Behavioral Solution  
Don't allow  
Panic Attacks  
and Anxiety to

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ruin your life  
- overcome them  
fast with easy,  
practicable and  
proven steps.  
Updated 2018  
Edition. Panic  
Attacks &  
Anxiety can  
have negative  
effects on  
every area of  
our lives

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including work,  
family &  
friends,  
romantic

partners and  
our general  
health and  
happiness.

Thankfully it  
is something  
that can be  
beaten. Panic &  
Anxiety can be

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abolished and  
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happiness  
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increased with  
the much

praised

bestseller by

Sarah

Harrogate. No

useless medical

jargon, no

endless

exercises, just

fast proven

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implement into  
your life from  
page one. Some  
of the topics  
covered in this  
book include: -  
The Practical  
Easy To Follow  
Methods For



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now on Kindle,  
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Shawn Johnson,  
lead pastor of  
Red Rocks  
Church, gives a  
searingly  
honest portrait  
of anxiety and  
depression and  
shows readers  
how to fight

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back and live  
free. Shawn  
Johnson was the  
lead pastor of  
a thriving,  
fast-growing  
church. He was  
supposed to  
have it all  
together. But  
he was also  
struggling in  
silence with

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anxiety and  
depression,  
suffering from  
debilitating  
panic attacks  
that told him  
the lie that  
this would  
never end, that  
he'd spend the  
rest of his  
life in  
excruciating

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pain. Until one  
day he ended up  
sobbing and  
screaming on  
the side of the  
road. He had to  
be brought home  
by his wife and  
two friends,  
who removed any  
potential  
weapons from  
his house while

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he sat with his head in his hands, begging God for a miracle. In *Attacking Anxiety*, Shawn vulnerably shares about this dark time and offers those familiar with that same

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everything he's  
learned in his  
battles with  
anxiety,  
depression, and  
hopelessness.  
As readers join  
Shawn on this  
journey, he  
will expose the  
lies that lead  
toward



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isolation and  
replace them  
with the truths  
that are

essential to  
survival;  
reveal the  
things that  
most people  
don't realize  
are adding more  
anxiety and  
depression to

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their lives and  
replace them  
with the wisdom  
and support  
that lead to  
true freedom;  
explain what to  
do when you, or  
someone you  
love, is in the  
middle of a  
panic attack,  
and guide you

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through what  
you need to  
know, what you  
need to start  
doing, what you  
need to stop  
doing, and what  
you need to  
remember in  
order to start  
attacking  
anxiety and  
depression.

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This is not a  
one-and-done  
process that  
will completely  
free you from  
all brokenness,  
but it will  
help you  
recognize that,  
even in the  
middle of so  
much brokenness  
and

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overwhelming  
pain, God has a  
plan and a  
purpose for  
your life, and  
he is ready to  
heal you in  
ways you never  
thought  
possible.

Discover new  
medications for  
easing symptoms

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Fight anxiety  
and win the war  
against your  
worries! Think  
you worry too  
much? You're  
not alone -  
over 25 million  
Americans  
suffer from  
some form of  
anxiety. Help  
is here in this

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friendly guide,  
which offers  
sound advice on  
identifying  
anxiety  
triggers  
through taking  
self-tests,  
improving your  
eating habits,  
relaxing, and  
finding support  
for you and

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ones. Praise  
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Anxiety For  
Dummies, Elliot  
and Smith have  
provided a  
timely and  
informative  
description of



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the reasons why  
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people become  
anxious and  
what they can  
do about it." -

Steven D.  
Hollon, PhD.  
Professor of  
Psychology,  
Vanderbilt  
University,  
Nashville,  
Tennessee

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A proven  
therapeutic  
method that  
channels  
workplace  
anxiety into  
powerful,  
confident  
performance  
Millions of  
people are  
afraid of work.  
The situations

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they fear may  
be different-  
public speaking  
(e.g.,  
presentations  
and speeches),  
meetings,  
conference  
calls, new  
assignments,  
performance  
reviews,  
promotions or

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praise, client consultations, team projects, and so on. But the feeling is often the same: some combination of obsessive worry, fear of being noticeably nervous, clammy

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hands, racing  
thoughts,  
sweating,  
blushing, heart  
palpitations,  
trouble  
breathing, and  
more. That  
feeling is  
called

"workplace  
anxiety." And  
Work Makes Me

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Nervous is the  
cure. An  
effective self-  
empowerment  
training  
program, Work  
Makes Me  
Nervous lays  
out a proven  
therapeutic  
method for  
dismantling the  
wall between

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you and your  
ability to  
excel at work.

The program  
trains you to:  
Channel  
workplace  
anxiety into  
powerful  
performance  
Identify  
anxiety  
symptoms and

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pinpoint where  
fears originate  
Achieve a High  
Performance  
Mind through a  
technique  
called Mind  
States Balance  
Abandon fear  
and ride the  
wave of  
adrenaline  
through every



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Books)  
real people and  
a 21-day  
developmental  
program of  
practical  
exercises and  
effective stres  
s-management  
techniques,  
Work Makes Me

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Nervous will  
enable you to  
finally say, "I  
can handle  
whatever  
situations come  
my way."

7 Weeks to  
Reduce Anxiety  
Soothe Your  
Nerves  
Overcoming  
Anxiety and

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Toolkit  
from the  
bestselling  
anxiety expert  
Be Calm  
The Anxious  
Truth : A Step-  
By-Step Guide  
To  
Understanding  
and Overcoming

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Panic, Anxiety,  
and Agoraphobia  
"This book offers an  
engaging, lucid, and  
practical road map  
for understanding  
and taking charge of  
one's own anxiety."

Steven Gans MD,  
Assistant Professor of  
Psychiatry, Harvard  
Medical School The  
persistent burden of  
anxiety, stress, and

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depression is  
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debilitating and often  
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feels unavoidable.  
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However, armed with  
the right tools you  
can identify the  
sources of your  
anxiety and take a  
proactive, step-by-  
step approach to find  
relief. Arlin Cuncic,  
longtime mental  
health writer and  
social anxiety expert,

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whose blog  
Healthline named  
one of the 'Best  
Anxiety Blogs of the  
Year' provides a step-  
by-step, 7-week  
program to take  
control of anxiety.  
The Anxiety  
Workbook is an  
anxiety workbook  
filled with practical  
advice and in-depth  
strategies proven to

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conquer everyday  
anxiety. An  
actionable plan to  
defeat anxiety, The  
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reducing worry, and  
ending panic Helpful  
Tools including  
checklists, guidelines,  
and activities to help  
you understand your

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anxiety and set  
action-oriented goals  
to address it An  
Essential Overview  
covering the basics of  
anxiety and how  
Cognitive Behavioral  
Therapy approaches  
it "There are so many  
books out there that  
claim to help you  
understand and  
manage your anxiety.  
What makes this one



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different? It is  
accessible and  
straightforward, and  
offers motivation to  
complete the work of  
healing." Tatiana

Zdyb Ph.D., M.A.,  
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live your life to the  
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anxiety and live life  
to its fullest -  
especially in the  
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environment. We  
understand how

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difficult it can be,  
that's why we've  
written a book  
designed to help  
people finally get  
their full life and  
confidence back. In  
Conquer Anxiety,  
you'll discover the  
root cause that's  
caused your anxiety  
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how finally address  
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over 25 years of  
experience offers  
practical steps for  
dealing with worry  
and anxiety.

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manual for this  
common problem,  
which explains  
why it happens



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and sets out  
practical  
methods of  
resolving it.

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shyness ruin  
your life  
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foolish,  
embarrassed,  
judged or  
criticised at  
times, but this

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becomes a  
problem when it  
undermines your  
confidence and  
prevents you  
from doing what  
you want to do.  
At its most  
extreme,  
shyness can be  
crippling but  
it is easily  
treated using

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Cognitive  
Behavioural  
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real-life  
examples,  
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Gillian Butler  
sets out a  
practical, easy-  
to-use self-  
help course  
which will be  
invaluable for

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from all  
degrees of  
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Excellent  
resource for  
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and work sheets  
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disorders can  
rob you of  
independence,  
happiness and  
self-esteem.  
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enable you to

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free yourself  
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from the  
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crippling  
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effects of  
anxiety and to  
go on to a  
happier and  
more fulfilled  
life. The  
authors  
describe simple  
self-help  
techniques and

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practical tips  
derived from  
years of  
helping people  
with anxiety  
problems. This  
book enables  
the reader to:  
assess what  
changes you  
need to make;  
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programme; set  
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realistic goals  
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and work  
towards them;  
change  
unhelpful ways  
of thinking;  
and, take back  
control of your  
life. The  
techniques can  
be used for all



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forms of  
anxiety:  
phobias  
(including  
Agoraphobia and  
Social Phobia),  
Obsessive  
Compulsive  
Disorder, Panic  
Attacks and  
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However bad

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your anxiety,  
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and however  
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long you've had  
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it, you can  
recover. Using  
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book shows you  
just how you  
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and still have  
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with their  
worry and  
stress. All  
children worry  
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time and it is  
a normal part  
of growing up.  
But, when  
anxiety becomes  
overwhelming,  
it can greatly  
affect kids'

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behavior. It may lead to a feeling of stress, exhaustion, isolation and many others. It is very important to be aware of these emotions and to know how to deal with them

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way. This  
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points into  
understanding  
the essence of  
the feeling of  
anxiety, and is

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you have tried  
everything,  
this book is  
perfect for  
gaining a  
deeper

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of children's  
anxiety and how  
to help kids  
control their  
worry. We  
highly  
recommend it  
for  
preschoolers,  
primary school  
students and  
toddlers. It is

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an excellent  
addition to a  
toolkit for  
parents,  
teachers and  
counselors.  
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we do to  
control anxiety  
can make  
anxiety worse.  
This unique  
guide offers a

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cognitive  
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behavioral  
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therapy  
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(CBT)-based  
approach to  
help you  
recognize the  
constant  
chatter of your  
anxious "monkey  
mind," stop  
feeding anxious  
thoughts, and

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find the  
personal peace  
you crave.

Ancient sages  
compared the  
human mind to a  
monkey:  
constantly  
chattering,  
hopping from  
branch to branch—  
endlessly  
moving from

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fear to safety.  
If you are one  
of the millions  
of people whose  
life is  
affected by  
anxiety, you  
are familiar  
with this  
process.  
Unfortunately,  
you can't  
switch off the



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"monkey mind,"  
but you can  
stop feeding  
the monkey—or  
stop rewarding  
it by avoiding  
the things you  
fear. Written  
by  
psychotherapist  
Jennifer  
Shannon, this  
book shows you

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anxious  
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thoughts from  
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using proven-  
effective  
cognitive  
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therapy (CBT),  
acceptance and  
commitment  
therapy (ACT),  
and mindfulness

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techniques, as  
well as fun  
illustrations.

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the exercises  
in this book,  
you'll learn to  
identify your  
own anxious  
thoughts,  
question those  
thoughts, and  
uncover the

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core fears at  
play. Once you  
stop feeding  
the monkey,  
there are no  
limits to how  
expansive your  
life can feel.  
This book will  
show you how  
anxiety can  
only continue  
as long as you

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try to avoid  
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it. And,  
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paradoxically,  
Books)  
only by seeking  
out and  
confronting the  
things that  
make you  
anxious can you  
reverse the  
cycle that  
keeps your  
fears alive.

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Stress and  
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behavioural  
therapy (CBT)  
to help people  
experiencing a  
range of*



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(OCD), using*

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to help the*

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people and  
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adults suffer  
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loss. Using  
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propensity to  
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multitude of  
problems they

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that is the  
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explains why  
they worry,  
how to  
recognise what  
feeds it and

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it. With each  
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of worry, and  
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*ires,*  
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*exercises and  
tasks to help  
the reader*

*understand and  
then challenge  
unhelpful  
habits and  
beliefs.*

*Stop worrying  
about your  
health and*

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*enjoy life.  
Many of us  
have a  
tendency to  
worry  
unnecessarily  
about our  
health. This  
can be worse  
in a time of  
global panic  
about*

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*panemics. For  
some, the  
anxiety  
becomes  
chronic, and  
they may spend  
many hours  
checking for  
symptoms,  
seeking  
reassurance  
from others,*



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*surfing the  
internet for  
information  
about*

*different  
diseases, or  
repeatedly  
visiting the  
doctor. It is  
distressing  
for them and  
for everyone*

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therapy - the  
approach taken  
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approach, the  
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the problem  
develops, how  
to recognise  
what feeds it  
and how to  
develop*

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*fear of death  
and fear of  
vomiting  
Does your  
child seem to  
worry often?  
Perhaps they  
have frequent  
stomach aches,  
or are  
irritable,  
tearful,*

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angry, or  
On Prescription  
withdrawn? Do  
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they have  
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problems

concentrating  
or show a loss  
of enthusiasm  
for their  
usual  
interests?  
These could  
all be signs

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child is  
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ve-behavioral  
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psychologists*

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with simple  
activities to  
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anxiety. It's  
perfect for  
children ages  
8 to 12  
because a lot  
happens in  
these years



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impact a  
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child's  
Books)  
emotional well-  
being, not  
just now but  
for years to  
come. Your  
child will be  
guided, with  
the help of  
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*and supportive  
character they  
can identify  
with—through  
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tips,  
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worry and anxiety  
Bestselling  
personal  
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author, Gill Hasson  
is back and this  
time she's here to  
help with  
something that  
affects everyone at  
some point in their  
life, *Anxiety.*

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*Worries and anxieties are familiar to us all. Worrying can be helpful when it prompts you to take action and solve a problem but unrelenting doubts, fears, and negative possibilities can dominate your mind, affect your*

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your everyday life  
and wellbeing, your  
sleep and appetite,  
your social life, and  
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concentrate. But it  
doesn't need to be  
like this, there are  
ways that you can  
manage this spiral  
of unhelpful  
thoughts and



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*examples from*

*anxiety sufferers*

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*teaches adult*

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*academic study  
skills. Gill is also a  
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*Scott Stossel gracefully guides us across the*

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*terrain of an  
affliction that is  
pervasive yet too  
often*

*misunderstood.*

*Drawing on his own  
long-standing  
battle with anxiety,  
Stossel presents an  
astonishing history,  
at once intimate  
and authoritative,  
of the efforts to*



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*Søren Kierkegaard,*

*to the*

*investigations by*

*great nineteenth-*

*century scientists,*

*such as Charles*

*Darwin, William*

*James, and*

*Sigmund Freud, as*

*they began to*

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*neuroscientists and geneticists. Stossel reports on famous individuals who struggled with anxiety, as well as on the afflicted generations of his own family. His portrait of anxiety reveals not only the emotion's myriad manifestations and*

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*the anguish anxiety produces but also the countless psychotherapies, medications, and other (often outlandish) treatments that have been developed to counteract it. Stossel vividly depicts anxiety's*

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*human toll—its  
crippling impact,  
its devastating  
power to  
paralyze—while at  
the same time  
exploring how  
those who suffer  
from it find ways to  
manage and control  
it. My Age of  
Anxiety is learned  
and empathetic,*

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humorous and  
inspirational,  
offering the reader  
great insight into  
the biological,  
cultural, and  
environmental  
factors that  
contribute to the  
affliction.

*Do you overthink  
before taking  
action? Are you*

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prone to making  
negative  
predictions? Do you  
worry about the  
worst that could  
happen? Do you  
take negative  
feedback very  
hard? Are you self-  
critical? Does  
anything less than  
perfect  
performance feel

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*like failure? If any  
of these issues  
resonate with you,  
you're probably  
suffering from  
some degree of  
anxiety, and you're  
not alone. The good  
news: while  
reducing your  
anxiety level to  
zero isn't possible  
or useful (anxiety*



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can actually be  
helpful!), you can  
learn to  
successfully  
manage symptoms -  
such as excessive  
rumination,  
hesitation, fear of  
criticism and  
paralysing  
perfection. In *The  
Anxiety Toolkit*, Dr.  
*Alice Boyes*

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*translates  
powerful, evidence-  
based tools used in  
therapy clinics into  
tips and tricks you  
can employ in  
everyday life.*

*Whether you have  
an anxiety disorder,  
or are just anxiety-  
prone by nature,  
you'll discover how  
anxiety works,*

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*strategies to help  
you cope with  
common anxiety  
'stuck' points and a  
confidence that -  
anxious or not - you  
have all the tools  
you need to  
succeed in life and  
work.*

*Psychologist David  
Berndt, Ph.D., in  
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*Anxiety outlines several self-help methods for relief of anxiety and worry. In clear simple language and a conversational style. Dr. Berndt shares with the reader powerful step by step proven techniques for*

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anxiety  
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will learn:\* A Self-  
Books)  
hypnosis grounding  
technique in the  
Ericksonian  
tradition.\* Box  
Breathing, Seven  
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breathing  
techniques for  
anxiety relief.\* How  
to stop or interrupt

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*toxic thoughts that  
keep you locked in  
anxiety.\* How to  
harness and utilize  
your worries, so  
they work for you.\*  
Relief from anxiety  
through  
desensitization and  
exposure therapy.  
Designed to be  
used alone as self-  
help or in*

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*conjunction with  
professional  
treatment Dr.*

*Berndt draws upon  
his experience as a  
clinician and  
academic  
researcher to give  
accessible help to  
the reader who  
wants to  
understand and  
manage their*

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*anxiety. About the  
Multiscore  
Depression  
Inventory: "A  
textbook example  
of how to create a  
psychological test."*

*-Oscar Burrows*

*Mental  
Measurement  
Yearbook On  
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*conversational and  
accessible style of  
writing makes  
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want for your top  
shelf." -Charles  
Kaiser Professor  
Emeritus of  
Psychology College  
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My Age of Anxiety*

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