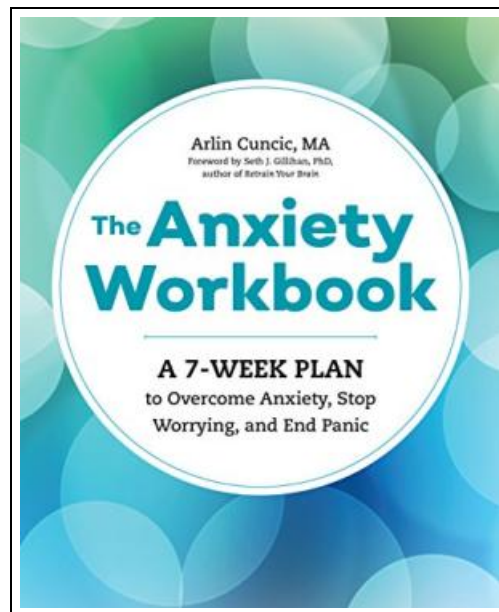


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Althea Press, 2017. Paperback. Condition: New. Workbook. Language: English . Brand New Book. This book offers an engaging, lucid, and practical road map for understanding and taking charge of one's own anxiety. ?Steven Gans MD, Assistant Professor of Psychiatry, Harvard Medical School The persistent burden of anxiety, stress, and depression is debilitating and often feels unavoidable. 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, 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 conquer everyday anxiety. An actionable plan to defeat anxiety, The Anxiety Workbook includes: A 7-Week Program for overcoming anxiety, reducing worry, and ending panic Helpful Tools including checklists, guidelines, and activities to help you understand your 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 different? It is accessible and straightforward, and offers motivation to complete the work of healing. ?Tatiana Zdyb Ph.D., M.A., Clinical Psychology.



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