



No More Anxiety: Be Your Own Anxiety Coach

Gladeana McMahon

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This book offers readers the tools to free themselves from anxiety and learn new patterns of thought that will help them in everyday life. "No More Anxiety" will help anyone who suffers from anxiety to understand the problem and overcome it. Everyone feels anxious at some point but constant anxiety stops us from being able to enjoy life. For some anxiety can be so severe that it stops them from functioning as normal human beings.

This clear and concise volume looks at different anxieties, phobias, stress disorders, obsessive-compulsive disorders and burn-out. It promotes the increasingly popular cognitive-behavioral approach and therefore includes very practical advice with related exercises. It also has a section on frequently asked questions and dietary advice. Details on further reading are listed, as well as useful resources for people suffering from anxiety-related disorders.

Using cognitive-behavioural technique, this book helps the reader:

- understand their bodily reactions to anxiety
- consider the role their thinking has in creating or eliminating anxiety
- manage their emotions as well as those of other people
- develop a range of coping strategies

Full of helpful exercises, this book covers everything from differing types of anxiety to stress management techniques. It is a useful guide for family and friends as well as those who experience anxiety.

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