



The Beating Anxiety Workbook: Teach Yourself

By Stephanie Fitzgerald

Hodder & Stoughton General Division. Paperback. Book Condition: new. BRAND NEW, The Beating Anxiety Workbook: Teach Yourself, Stephanie Fitzgerald, Are you suffering from anxiety? Do you want to learn techniques for overcoming troubling thoughts and feelings of fear? Would you like lasting strategies to help you stay anxiety-free for good? This workbook uses one of the most effective methods for beating low mood and anxiety, cognitive behavioural therapy, in an interactive sense. It doesn't just tell you how to feel better, by using diagnostic tests, practical exercises, and thought challenges, it will show you how to feel better. The coverage includes all the major anxiety disorders - such as OCD, general anxiety disorder, panics and phobias, while the exercises and support throughout will give you a feeling of real progress. Helpful sections on living without anxiety will prevent future relapses, helping you to regain control of your life - for good.



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Reviews

This publication may be really worth a go through, and a lot better than other. It really is written in simple terms and never difficult to understand. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Natalie Abbott**

This book will not be simple to get going on reading but extremely exciting to read through. Yes, it can be playful, still an interesting and amazing literature. I am very easily could possibly get a delight of reading a written book.

-- **Rene Olson**

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