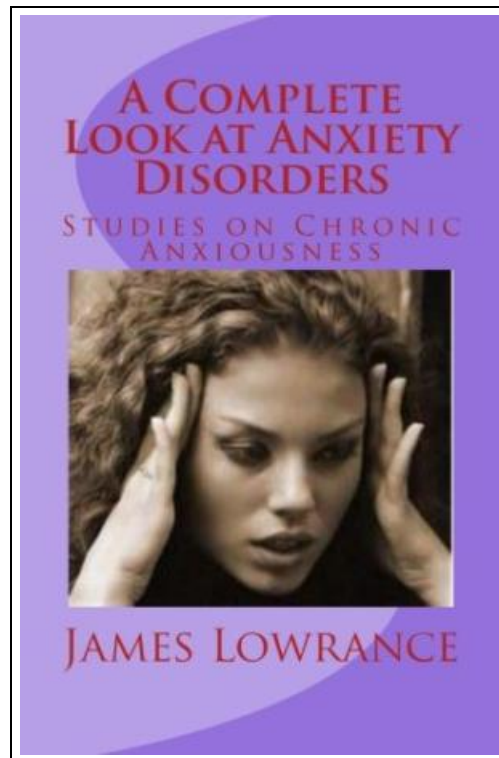


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A COMPLETE LOOK AT ANXIETY DISORDERS: STUDIES ON CHRONIC ANXIOUSNESS



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Createspace, United States, 2012. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.This book is also a section from The Everything Anxiety Coping Book. Anxiety conditions are the most common of all emotional disorders and affect millions of people in the U.S. and worldwide. One of the most effective types of treatment for anxiety disorders is a therapy called Cognitive Behavioral Therapy. This book looks at the most effective aspect of this successful method for overcoming chronic anxiety conditions -- which is to learn not to fear the symptoms of chronic anxiety and panic attacks. NOTE: This book is approximately 6,495 words in length. The Complete Look reference in the title, is not to imply that this is an extensive medical journal but rather that it contains all aspects of information on the subject that most laypersons would be seeking. CONTENTS: CHAPTER ONE: The True Purpose of Anxiety CHAPTER TWO: When is Anxiety Considered a Disorder? CHAPTER THREE: Four Common Anxiety Disorders CHAPTER FOUR: Anxiety Sensitization CHAPTER FIVE: Catastrophic Thinking CHAPTER SIX: Depersonalization and Derealization CHAPTER SEVEN: Calming Yourself during Panic Attacks or Severe Anxiety Episodes CHAPTER EIGHT: Is Anxiety Dangerous to Your Health? (short answer- no) Written by a recovered anxiety sufferer this book takes a detailed look at anxiety symptoms, types of anxiety disorders and the diagnosis and treatments available for them.



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