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Anxiety, Phobias and Panic

By Reneau Z. Peurifoy

Paperback. Book Condition: New. Not Signed; Are you struggling with anxiety, phobias, or panic attacks? Anxiety is an unpleasant, though mostly unavoidable, aspect of modern life - but for many people, normal anxiety can become something far more serious and debilitating. In ANXIETY, PHOBIAS AND PANIC, Dr Reneau Peurifoy explains six different reasons why your condition may have developed and offers you step-by-step programmes to help you overcome your anxiety-related problems. Chapters include: uncovering the causes of anxiety; building stress tolerance; identifying and correcting harmful modes of thinking; relaxation techniques; tools for managing anxiety, and much more. There are also sections on new discoveries about the brain, new information about Obsessive Compulsive Disorder and social phobias, and a chapter on relapse prevention. book.



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