



The Everything Anxiety-Coping Book: Transforming Anxiety Into a Positive Force

By James M Lowrance

Createspace, United States, 2010. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.This book containing 36-chapters, is a compilation of four previously published titles that have been combined into one comprehensive resource (See description of combined titles shown below). The subjects covered include aspects of Anxiety Disorders, their symptom manifestations, coping methods and treatments. It is my hope that readers will find this book to be a valuable resource for personal anxiety coping or for that in supporting their loved ones who suffer chronic anxiety. TABLE OF CONTENTS: SECTION ONE - A Complete Look at Anxiety Disorders CHAPTERS: 1. The True Purpose of Anxiety 2. When is Anxiety Considered a Disorder? 3. Four Common Anxiety Disorders 4. Anxiety Sensitization 5. Catastrophic Thinking 6. Depersonalization and Derealization 7. Calming Yourself during Panic Attacks or Severe Anxiety Episodes 8. Is Anxiety Dangerous to Your Health? SECTION TWO - The Best Darn Anxiety Disorders Book! CHAPTERS: 1. 40 Million U.S. Adult Anxiety Disorder Sufferers 2. Understanding the Fight or Flight Response 3. Medical Causes of Anxiety Symptoms 4. Anxiety Disorder Symptom Phenomena 5. More about Chronic Anxiety Unreality Symptoms 6. Obsessive-Compulsive Disorder - ...



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