



Fear Is No Longer My Reality

By Jamie Blyth, Jenna Glatzer

McGraw-Hill, United States, 2004. Paperback. Book Condition: New. 224 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.This is Jamie Blyth's powerful story behind the reality star's TV image--and a message of hope and healing for the 20 million Americans who suffer from social anxiety disorder. As one of the finalists on ABC's reality dating show *The Bachelorette*, Jamie Blyth risked his heart before millions, while going public with his personal struggle against social anxiety and panic disorder in hopes of helping those who continue to suffer in silence. *Fear Is No Longer My Reality* includes: Expert advice on understanding and handling anxiety disorders from leading authorities Information on the latest research-based behavior therapies Reviews of the new FDA-approved medications A step-by-step plan for managing anxiety Blyth's amazing transition from a life of fear to a life in the spotlight is explored through stories from his TV life, along with interviews from fellow *Bachelorette* stars Ryan Sutter, Trista Rehn, Charlie Maher, and Bob Guiney.



READ ONLINE
[4.09 MB]

Reviews

This book is definitely not straightforward to get started on studying but extremely exciting to read. It is really simplistic but shocks in the 50 percent of the ebook. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Ally Reichel**

This publication is amazing. It is definitely basic but shocks in the fifty percent of your publication. You won't feel monotony at anytime of your own time (that's what catalogues are for concerning if you question me).

-- **Prof. Kirk Cruickshank DDS**