



## Overcoming Anxiety for Dummies

By Christopher Mogan, Charles H. Elliott, Laura L. Smith

John Wiley Sons Australia Ltd, Australia, 2015. Paperback. Book Condition: New. Australian and New Zealand ed. 234 x 185 mm. Language: English . Brand New Book. Simple, practical strategies for keeping anxiety under control Everyone experiences anxiety. After all, life is stressful. But are you too anxious? Is it disrupting your life? If so, this book can help. Overcoming Anxiety For Dummies, Australian New Zealand Edition is a friendly, plain-English guide to understanding and overcoming intense, excessive anxiety. This book explains the difference between normal everyday anxiety and anxiety that requires attention and treatment. It also includes updated information on treatment and getting help, including organisations in Australia and New Zealand that assist people with anxiety. \* Features practical guidance on treating anxiety with diet, exercise, meditation and more \* Shows you how to identify the factors that trigger your anxiety and how to manage them \* Offers trustworthy advice on whether you can manage your anxiety on your own or need to seek outside help \* Covers local organisations that can help, including beyondblue, Lifeline and Headspace, as well as charities like the Salvation Army and the Smith Family Packed with practical strategies for feeling better, this handy guide...



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