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Thirty-Minute Therapy for Anxiety: Everything You Need to Know in the Least Amount of Time

By Matthew McKay

New Harbinger Publications. Paperback. Book Condition: new. BRAND NEW, Thirty-Minute Therapy for Anxiety: Everything You Need to Know in the Least Amount of Time, Matthew McKay, Thirty-Minute Therapy for Anxiety presents a breakthrough approach to the treatment of anxiety that is designed to fit the needs of anxiety sufferers seeking fast solutions. It is a simple solution, a pocket guide designed to appeal to those readers seeking trustworthy, instant advice for healing their anxiety or helping to ease the anxiety of a loved one. This book follows the unique Thirty-Minute Therapy series format. In about one hour, readers learn the essentials about anxiety: what causes and contributes to anxiety symptoms, how to stop them, and how to keep them from coming back. Then, readers have the option of exploring each topic further through exercises they can do to practice the cognitive behavioral therapy (CBT) and mindfulness and acceptance techniques they have learned. Depending on how much each reader relates to the topic at hand, he or she may choose to delve further into the topic, or simply proceed to the next chapter. Readers seeking even more practice exercises and examples will appreciate the Thirty-Minute Therapy for Anxiety supplemental material available online...



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