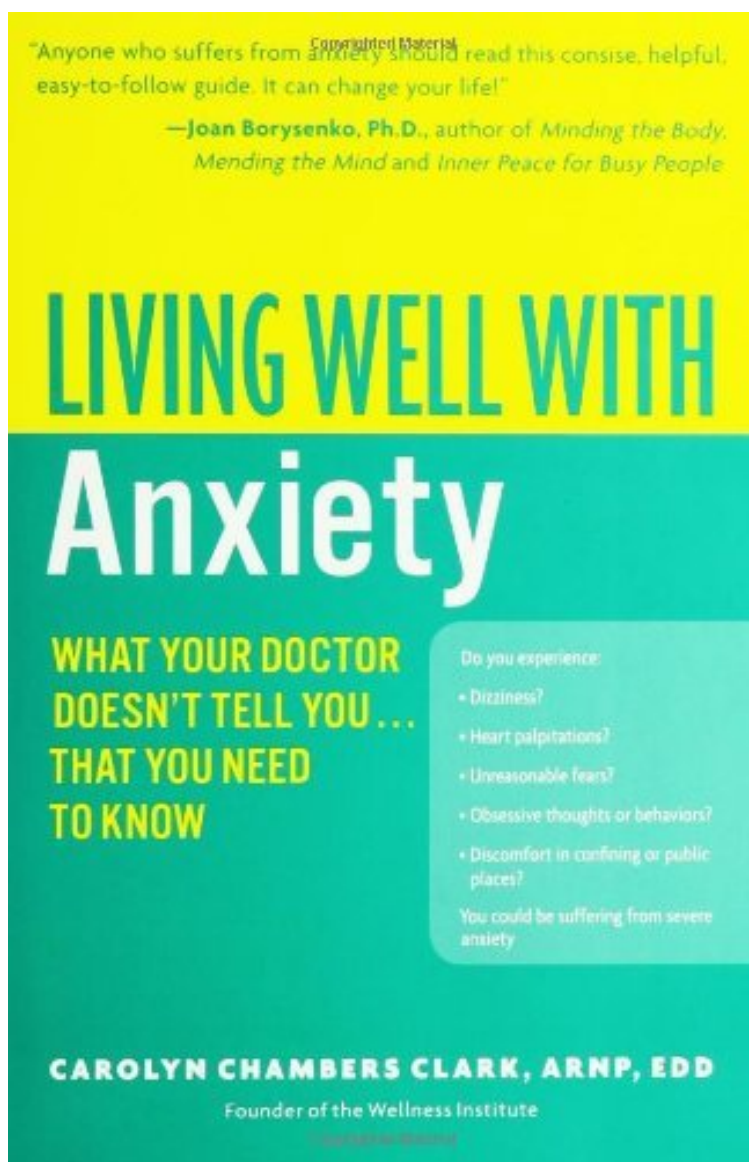


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# Living Well with Anxiety: What Your Doctor Doesn't Tell You... Tha



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## Description :

Prsentation de l'diteurA Comprehensive, Holistic Guide to the Conventional Medical and Self-Care Treatments for Anxiety DisordersIn a world that values excess, the pressure to succeed never ends. As a result of our fast-paced and high-stakes society, anxiety can take over our lives.For approximately 20 million American adults a year, anxiety symptoms such as dizziness, stammering, heart palpitations, trembling, and shaking can be extremely debilitating. Unlike other books on anxiety, this book offers a holistic program that includes not only conventional psychiatric and psychological treatments, but also provides nutrition, fitness,

environmental, herbal, stress reduction/healing, and relationship self-care approaches. Living Well with Anxiety contains helpful advice for a wide range of anxiety disorders: social anxiety disorder, panic disorder, obsessive compulsive disorder, and various phobias. With a comprehensive resource section that contains relevant websites and e-mail addresses, audiocassettes and CDs for relaxation, and descriptions of related books, this book provides vital help for anyone experiencing anxiety. Revue de presse Anyone who suffers from anxiety should read this concise, helpful, easy-to-follow guide. It can change your life! (Joan Borysenko, Ph.D., author of *Minding the Body Mending the Mind* and *Inner Peace for Busy People*) What makes this book stand out [are]...its person-centered, strategic action plans...[P]rovides viable alternatives to traditional medicine. (Publishers Weekly) Presentation de l'auteur A Comprehensive, Holistic Guide to the Conventional Medical and Self-Care Treatments for Anxiety Disorders In a world that values excess, the pressure to succeed never ends. As a result of our fast-paced and high-stakes society, anxiety can take over our lives. For approximately 20 million American adults a year, anxiety symptoms such as dizziness, stammering, heart palpitations, trembling, and shaking can be extremely debilitating. Unlike other books on anxiety, this book offers a holistic program that includes not only conventional psychiatric and psychological treatments, but also provides nutrition, fitness, environmental, herbal, stress reduction/healing, and relationship self-care approaches. Living Well with Anxiety contains helpful advice for a wide range of anxiety disorders: social anxiety disorder, panic disorder, obsessive compulsive disorder, and various phobias. With a comprehensive resource section that contains relevant websites and e-mail addresses, audiocassettes and CDs for relaxation, and descriptions of related books, this book provides vital help for anyone experiencing anxiety.