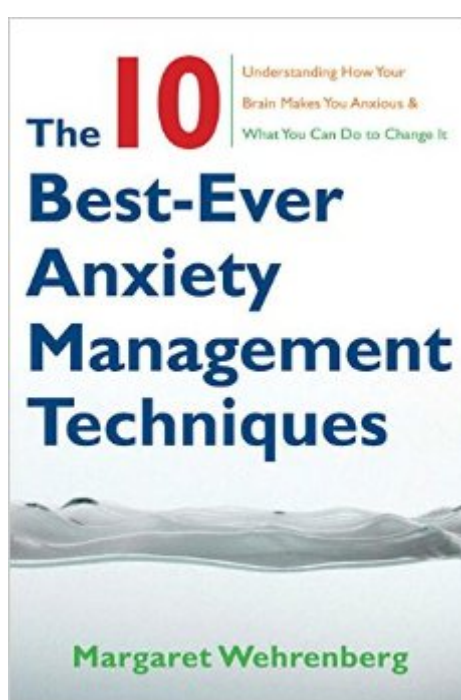


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# The 10 Best-Ever Anxiety Management Techniques: Understanding How Your Brain Makes You Anxious And What You Can Do To Change It



## Synopsis

A strategy-filled handbook to understand, manage, and conquer your own stress. Anxiety disorders-grouped into three main categories: panic, generalized anxiety, and social anxiety-are among the most common and pervasive mental health complaints. From the subtlest effect of sweaty palms during a work presentation to the more severe symptom of reclusion, anxiety casts a wide net. Medication, once considered the treatment of choice, is losing favor as more and more sufferers complain of unpleasant side effects and its temporary, quick-fix nature. Now, thanks to a flood of fresh neurobiology research and insights into the anatomy of the anxious brain, effective, practical strategies have emerged allowing us to manage day-to-day anxiety on our own. Addressing physical, emotional, and behavioral symptoms, Margaret Wehrenberg, a leading mental health clinician, draws on basic brain science to highlight the top ten anxiety-defeating tips. Everything from breathing techniques and mindful awareness to cognitive control and self-talk are included-all guaranteed to evict your anxious thoughts. 20 illustrations

## Book Information

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## Customer Reviews

I've had super-strong anxiety all my life, on and off with depression. Everybody knows the best way to help yourself permanently is a combination of medicine and behaviour modification, so after years of only doing the former, I set out to find the best information to tackle the latter. I looked at a million books online and in the library, bought a few, but by miles this is the best one of the lot. If you can only buy ONE book in your life to help you, make it this one. It is a fascinating read from beginning to end. I came to it not really caring why or how my brain was making me anxious- I just knew I wanted

to stop how I was feeling. In fact, the most interesting part of the book is explaining how and why your brain causes your anxiety. Far from being a dry medical monologue of terminology and bio-chemistry, the information and the way it was presented was more like watching a fascinating documentary on Discovery Health. The information is solid and presented in a passionate and entertaining way (without dumbing anything down either, I might add) which says something for the author's talent and style. I found myself smiling or chuckling sometimes when she'd explain a concept and why it works, and while I'm turning the page my brain is yelping, "Yeah, but so what! What if x, y or z is happening to you, then it's not going to work is it!?" only to read on the next page when she continues that she's ALREADY thought of my secret protestation, and goes on to shoot it down with logic and facts. Very funny! This isn't a top 10 list like an extended Oprah magazine article, nor is it a finger wagging book telling you things like if you are feeling anxious to go write in your gratitude journal or take a bubble bath and give yourself affirmations in a mirror.

"When talking about anxiety and how to control it, it is important to understand that the nervous system is automatic and operates without your control, but you can take it over on purpose." ~ pg. 11 "The 10 Best-Ever Anxiety Management Techniques" is one of the most helpful books on anxiety I've ever read. Margaret Wehrenberg believes in using the brain to change the brain. She is well qualified to write this book as she once suffered from panic attacks and worry. There are many practical ways to avoid panic and one of them was surprising. Avoiding coffee or other beverages with caffeine can help you avoid panic attacks. To read more about this subject look for Caffeine Blues: Wake Up to the Hidden Dangers of America's #1 Drug. It was also interesting to read about avoiding aspartame (stevia is better and natural) because it increases anxiety. I was surprised to also read that mitral valve prolapse (a heart condition one doctor told me I had) can trigger panic. Margaret Wehrenberg gives good advice about how to deal with cell phones and e-mail. She suggests a few essential oils you can put in the tub to help you relax. Emptying the mind by making a list also seems to be calming. While these things work, the best part of the book is about breathing deeply. If you are suffering from anxious thoughts there is a way to stop them even if you think that is impossible. By persisting and using the techniques in this book you can see good results. There is a section on the importance of positive self-talk and how to deal with perfectionism.

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