

Are you struggling with anxiety, phobias, or panic attacks? In this authoritative guide Dr Reneau Peurifoy shows you how to understand and overcome all types of anxiety-related disorders. Anxiety is an unpleasant, though mostly unavoidable, aspect of modern life - but for many people, normal anxiety can become something far more serious and debilitating. Anxiety, Phobias & Panic explains six different reasons why your condition may have developed and offers you step-by-step programmes to help you overcome your anxiety-related problems. Chapters include: uncovering the causes of anxiety; building stress tolerance; identifying and correcting harmful modes of thinking; relaxation techniques; tools for managing anxiety, and much more. There are also sections on new discoveries about the brain, new information about Obsessive Compulsive Disorder and social phobias, and a chapter on relapse prevention.

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