



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

By Margaret Wehrenberg Psy.D.

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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

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Editorial Review

Review

“[A] thoroughly ‘user friendly’ instructional guide....is a ‘must-read’ for anyone suffering from a condition of chronic anxiety whether it is a low-level condition or a traumatically crippling one.” (The Midwest Book Review)

“[O]ffers thorough explanations of the many facets of anxiety conditions and ways to cope with them....Presenting anxiety as manageable, prevalent, and treatable in a variety of ways offers a true sense of comfort to those afflicted.” (USABP Newsletter)

“This excellent book brings Dr. Wehrenberg’s expert knowledge and clinical wisdom to anxiety sufferers with clarity and compassion. Comprehensive and easy to read, she emphasizes the role the brain plays in anxiety, and more importantly, how one can then ‘use the brain to change the brain.’ This practical, mind-body focus will be immensely helpful to those who are tormented by anxiety. I recommend it with enthusiasm!” (Aureen Wagner, PhD, University of Rochester School of Medicine)

About the Author

Margaret Wehrenberg, Psy.D., is a licensed psychologist in private practice, a popular public speaker, and international anxiety coach. She is the author of The Anxious Brain, The 10 Best-Ever Anxiety Management Techniques, and The 10 Best-Ever Depression Management Techniques. She lives in St. Charles, Missouri.

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