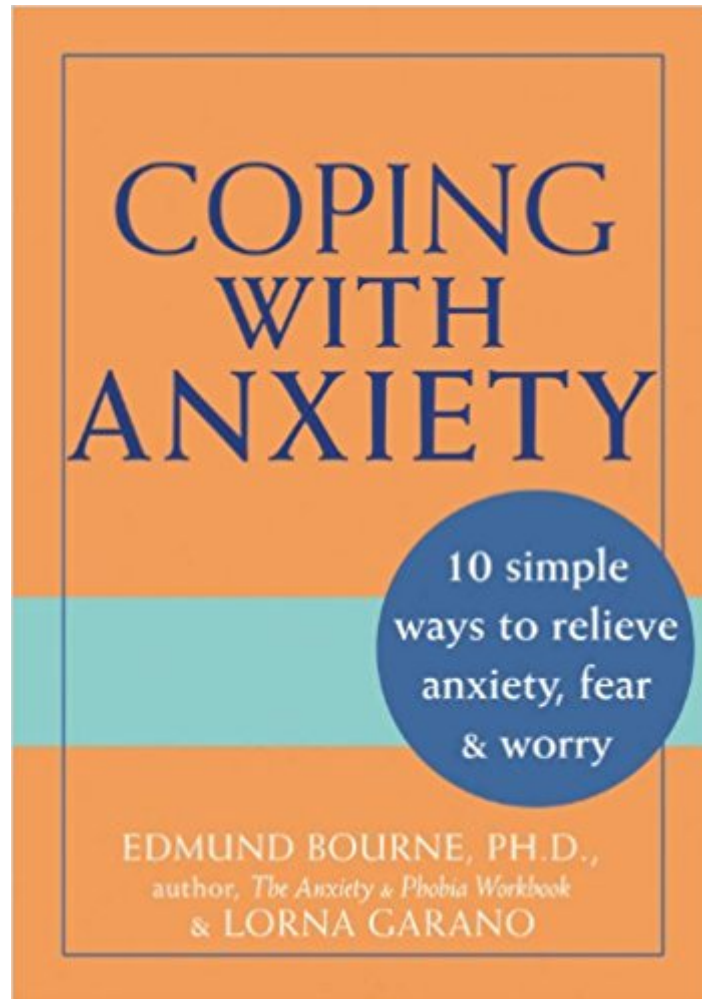


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# Coping With Anxiety: 10 Simple Ways To Relieve Anxiety, Fear & Worry



## Synopsis

These immediate, user-friendly, and effective strategies are designed to help you overcome anxiety. They include step-by-step exercises that you can do in the moment without having to understand the subtleties of the most often used therapies for treating anxiety.

## Book Information

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## Customer Reviews

I've danced around with generalized anxiety disorder and panic attacks off and on for several years. So, I've read many, many books. After my symptoms restarted recently, I found this book. This is a great book to read after you understand the various mental and physical sources and symptoms of anxiety disorders. This book helps you put your knowledge to use and create your own healing program. It's simple, yet comprehensive, covering diet problems that can exacerbate anxiety, thinking patterns that cause anxiety and relaxation techniques to use when you're experiencing anxiety or when you're just taking relaxing time for long-term healing. But, you still have to decide which techniques will work for you and use them every day. This gives you many options in a simple, straightforward format.

This book is informative, well-written, and is an easy to read guide for coping with anxiety. But it is more than that. We live in a world of stress, and that world can seem overwhelming at times. This is a guide that can be helpful for anyone struggling to cope with challenges in life. I highly recommend it.

The advice in this book is good--learn to relax, identify mental distortions, eat right, exercise, simplify your life. If you haven't been in therapy, or the idea of acknowledging your anxiety and doing something about it is new to you, I think this would be a great book. As someone who's dealt with severe anxiety for a prolonged period of time and explored various treatments, however, this book is not particularly helpful (I've been told to do yoga so many times it's almost a cliché, and yes, I've done yoga). So really, I think whether this book will be helpful is a matter of the severity of your problem and your previous experience with treatment.

I suffered from anxiety, panic attacks, and agoraphobia for about 25 years during which time I unsuccessfully underwent treatment by several psychiatrists and clinical psychologists who were convinced that my problem was psychological. Breathing correctly helped me somewhat, but I achieved the most dramatic results a few years ago when I began taking a daily supplement of 1,000 mg of chelated magnesium for an unrelated ailment. To my pleasant surprise the supplemental magnesium which I took not only cured the ailment for which I was taking it, it also significantly relieved my anxiety and panic attacks -- so much so that I haven't had a panic attack, or seen a psychiatrist or psychologist, for several years. Magnesium is a natural relaxant and, in my case, my anxiety and panic attacks seem to have been caused by significant deficiency of this natural relaxant. The importance of magnesium for preventing anxiety and panic attacks is discussed by Dr. Carolyn Dean in her excellent book *The Magnesium Miracle*, which is available from [magnesium.com](http://magnesium.com). Incidentally, in *The Magnesium Miracle* Dr. Dean also discusses the role of supplemental magnesium for the prevention and mitigation of several other ailments including heart arrhythmia, high blood pressure, asthma, osteoporosis, type 2 diabetes, and acid reflux.

This book offers a concise, easy-to-read version of Dr. Bourne's previous work. It presents a wealth of useful information on how to handle anxiety in just 150 pages. Highly recommended.

This book is great for someone looking for help right away. I also purchased "When Panic Attacks" by David Burns, which is more of a workbook to help you get to the bottom of your anxiety over time. That is fine, but I didn't have a week to work my way through that book. I needed to get calm NOW, after experiencing a sudden rash of panic attacks while driving. I didn't know how to handle these attacks and needed some tools to help me get back in the car so I could get to work and live my life. Therefore, I found that "Coping with Anxiety" was exactly what I needed. This book was easy to use because you could skip around the book and read chapters that could create an immediate

impact for you. This gave me some quick techniques to help me cope. I marked several sections in the book and carried it in my car (just in case I needed some help and affirmations) until I resolved my panic.

4 years ago i had alot of problems with fam, school, friends, and relationships. I was always a nervous person, i had alot of stress and had trouble socialyizing with people, then my parents started having really bad health problems and just seeing them suffer really hit me hard. Thats when i had my 1st anxiety attack and i didnt know what was happening to me, i literally stayed in bed and couldnt eat for a whole month, i couldnt control myself and went several times to the hospital for this. Therapy helped a little but didnt do enouff. One day my sis found this book and gave it to me, just with the 1at chapter i was hookd, it explained everything about what was happening to me, all the answers that i wanted where in this book. It thaught me how to relax my mind when ever i had a anxiety or panic attack, this book shows you how to eat healthy, do yoga, meditation, exercise, and quick tricks on how to calm your panic attacks. Ive recommended this book to several people and so far its been working for them, its simple and easy to understand, i promise you wont regrate it. Im 22 and although i havent had nothing serious, i still keep this book with me like a bible.

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