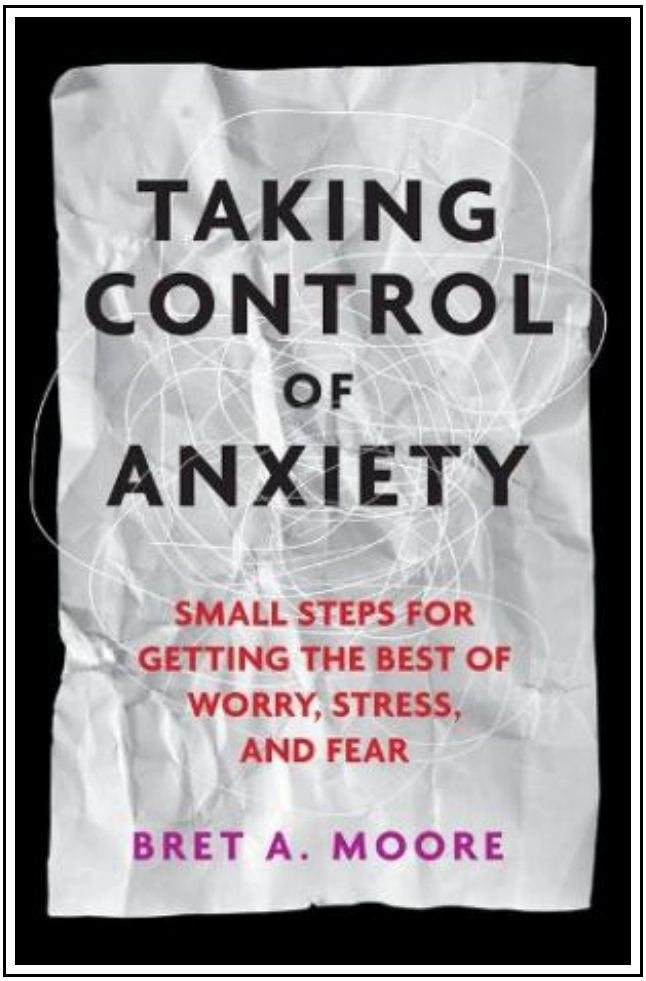
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American Psychological Association. Paperback. Book Condition: new. BRAND NEW, Taking Control of Anxiety: Small Steps for Getting the Best of Worry, Stress, and Fear, Bret A. Moore, Anxiety, in different forms, affects almost everyone at one time or another. For spurring you to make decisions or perform, it can actually be helpful. But when anxiety gets out of hand, whether it's from everyday stress or a severe chronic condition such as panic, posttraumatic stress, or overwhelming worry, you need to learn how to manage. This straightforward guide, filled with compelling case examples and easy to use techniques, will teach you to identify, reduce, eliminate, and prevent the negative effects of anxiety. Drawing on the field's most well established and studied methods for reducing anxiety, Dr. Moore compiles them here in one source. Free from scientific jargon, this concise how-to book can be a ready reference on your desk or nightstand or in your backpack or briefcase. You will learn how to tweak your daily schedule, your thinking patterns, and your reactions to the things you fear, for maximum gains in your life. While the book emphasizes self-help techniques, it also de-mystifies anxiety medications and offers guidance for finding professional help, should you need it. Overcoming anxiety doesn't have to be complicated. Following the step-by-step checklists and detailed plans in this book will get you on your way.

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