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An Introduction to Coping with Anxiety

By Leonora Brosan, Brenda Hogan

Little, Brown Book Group. Paperback. Book Condition: new. BRAND NEW, An Introduction to Coping with Anxiety, Leonora Brosan, Brenda Hogan, Anxiety affects thousands of people in the UK and it can be effectively treated with Cognitive Behavioural Therapy. This introductory booklet is aimed at those for whom anxiety has become a problem. Written by experienced practitioners, it explains what anxiety is and how it makes you feel when it becomes unmanageable or lasts for long periods of time. It will help the reader to understand their symptoms and is ideal as an immediate coping strategy and as a preliminary to fuller therapy. What anxiety is and how it develops. Physical symptoms. How to spot and challenge thoughts that make you anxious. Thinking in a more balanced way. Changing how you behave in order to reduce your feelings of anxiety. 'This booklet will prove an invaluable first step to overcoming anxiety.' Professor Peter Cooper, Professor of Psychology, University of Reading.



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