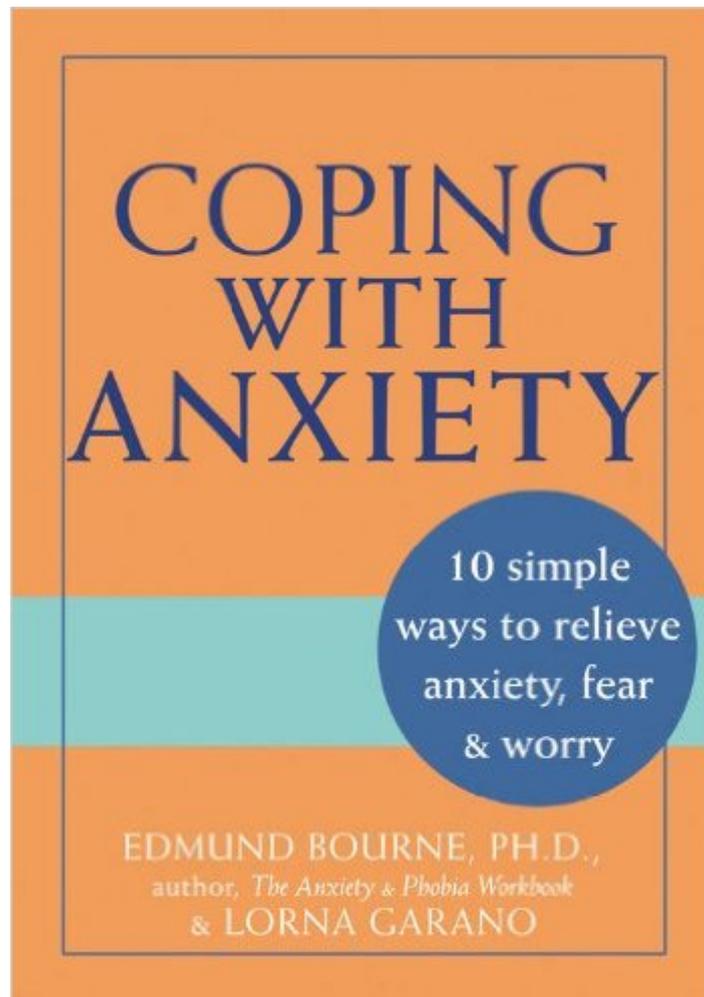


The book was found

# 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

Paperback: 150 pages

Publisher: New Harbinger Publications; 1 edition (March 2003)

Language: English

ISBN-10: 1572243201

ISBN-13: 978-1572243200

Product Dimensions: 0.5 x 5.2 x 7.2 inches

Shipping Weight: 7.2 ounces

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (67 customer reviews)

Best Sellers Rank: #422,869 in Books (See Top 100 in Books) #406 in [Books > Self-Help >](#)

[Anxieties & Phobias](#) #438 in [Books > Health, Fitness & Dieting > Mental Health > Mood](#)

[Disorders](#) #481 in [Books > Health, Fitness & Dieting > Mental Health > Anxiety Disorders](#)

## 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 [www.magnesium.com](http://www.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.

[Download to continue reading...](#)

Coping with Anxiety: 10 Simple Ways to Relieve Anxiety, Fear & Worry  
Anxiety: Anxiety Cure Secrets: 10 Proven Ways To Reduce Anxiety & Stress Rapidly (BONUS- 30minute Anxiety Coaching Session- Anxiety Cure, Become Free, 10 simple ways)  
The Generalized Anxiety Disorder Workbook: A Comprehensive CBT Guide for Coping with Uncertainty, Worry, and Fear (New Harbinger Self-Help Workbooks)  
Performance Anxiety Cure: How To Overcome Performance Anxiety And Stage Fright In All Aspects Of Life Forever (anxiety recovery, panic attacks, anxiety management, anxiety attacks)  
Rewire Your Anxious Brain: How to Use the Neuroscience of Fear to End Anxiety, Panic, and Worry  
The Worry Cure: Seven Steps to Stop Worry from Stopping You  
Social Anxiety: Ultimate Guide to Overcoming Fear, Shyness, and Social Phobia to Achieve Success in All Social Situations (BONUS, Anxiety Relief, Social Anxiety Treatment)  
Meditation: Complete Beginners Guide on How to Awaken Your Mind With Techniques that Will Relieve Stress, Manage Anger, and Find Inner Peace and ... Your Fear and Anxiety With Daily Meditation)  
Meditation: The Ultimate Beginner's Guide for Meditation: How to Relieve Stress, Depression, and Fear to Achieve Inner Peace, Fulfillment, and Lasting ... beginners, anxiety, meditation techniques)  
The Mindfulness and Acceptance Workbook for Anxiety: A Guide to Breaking Free from Anxiety, Phobias, and Worry Using Acceptance and Commitment Therapy  
The Dialectical Behavior Therapy

Skills Workbook for Anxiety: Breaking Free from Worry, Panic, PTSD, and Other Anxiety Symptoms  
Anxiety: 15 Ways To Boost Your Confidence When Feeling Anxious: How To Build Your Confidence  
To Escape Anxiety (BONUS- 1hour Life Coaching Session. Overcome Anxiety Today) Meditation  
For Beginners: Eliminate Worry, Stress & Anxiety In 2 Minutes Or Less (Simple Self Improvement  
Series) Separation Anxiety: A Parent's Guide for Dealing with a Child's Separation Anxiety ~ (   
Separation Anxiety Disorder | Separation Anxiety in Children or Toddlers ) Kratom Potent Plant:  
Relieve Anxiety, Boost Energy Levels, Enhance Sex!!! (Kratom, Anxiety Relief, Mental Relaxation  
Book 1) Introvert: modern day guide for introverts, ways to conquer fear and find happiness  
(shyness, social anxiety, success, confidence, relationship) In Pursuit of Peace: 21 Ways to  
Conquer Anxiety, Fear, and Discontentment (Meyer, Joyce) Anxious Kids, Anxious Parents: 7 Ways  
to Stop the Worry Cycle and Raise Courageous and Independent Children Cancer: Coping With  
Cancer: How To Cope When A Loved One Has Cancer Without Any Grieving (Cancer,Coping With  
Cancer,Cancer Books,Breast Cancer,Colon Cancer,Lung ... Cure,Prostate Cancer,Cancer  
Prevention) How to Help an Alcoholic: Coping with Alcoholism and Substance Abuse (Help an  
Alcoholic Spouse, Alcoholic Family Member, Friend or Addict) (Coping with ... Husband,  
Dependence, Domestic Abuse)

[Dmca](#)