



The Best Darn Anxiety Disorder Book: Understanding Symptoms and Treatments for Chronic Anxiousness (Paperback)

By James M Lowrance

Createspace Independent Publishing Platform, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.This book is also a section found in The Everything Anxiety-Coping Book. Readers who wish to read about aspects of anxiety disorders specifically, can do so via this title. Anxiety Disorders affect about 40-million people in the U.S. alone and many millions more worldwide. Within this resource, each type of disorder is described in detail. Symptoms, diagnosis and treatments are also discussed in easy-to-understand but concise language, so that both novice readers and those in the mental health profession can benefit from the information provided. Those who suspect they or a loved-one may be experiencing an Anxiety Disorder can read descriptions of those that might possibly be affecting them (A definitive diagnosis must come through a licensed professional.). Manifestations of chronic anxiety such as unreality symptoms (depersonalization and derealization) are discussed as are the subjects of catastrophic thinking and what it means to become sensitized to anxiety. Other subjects of interest for those who wish to learn more about chronic or severe anxiety include discussions on the fight or flight response (anxiety mechanism) and what it really means to have...

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Reviews

Very good e book and helpful one. it was writtern quite properly and helpful. I am quickly could possibly get a enjoyment of looking at a composed book.
-- Connor Lowe IV

Great electronic book and valuable one. It really is simplistic but surprises within the fifty percent from the book. Its been printed in an extremely simple way in fact it is merely right after i finished reading this publication by which in fact modified me, change the way i really believe.
-- Dr. Bethany Lindgren