



Overcoming Worry and Anxiety

Jerry Kennard

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Worry is always with us, but, the lived experience of anxiety is often complex, embarrassing and hard to explain. Using clear, down-to-earth language, this book explores its characteristics, available treatments and effective self-help techniques. Topics include: • How the brain and its chemicals work • How anxiety may interact with other states such as stress, fear, panic, and illness • Symptoms and conditions • Work and lifestyle • Practical measures to combat worry • Thinking about treatment • Guided and supportive therapies • The value of assertiveness

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