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The Anxiety Book (Hardback)

By Jonathan R Davidson, Professor Henry Dreher

Penguin Putnam Inc, United States, 2003. Hardback. Book Condition: New. 238 x 160 mm. Language: English . Brand New Book. Sleeplessness, irritability, muscle tension, trouble concentrating, nightmares, fear of attention, difficulty relaxing, dizziness, hyper-vigilance, trembling, racing heart, cold sweats, numbing emotion. If you experience even one of these symptoms, you are probably one of the millions who suffer from anxiety. One in five people has it, but most do their best to cope in debilitating silence or become dependent on strong medications to take the edge off their pain. The Anxiety Book is a comprehensive resource for defeating anxiety and building resilience. Dr. Davidson includes: ? questionnaires to help you find out which type of anxiety you have ? information on the most effective treatments for each form of anxiety-from cognitive techniques to state-of-the-art medication ? a five-point plan for recovery through relaxation, changing the way you think, diet, exercise, and herbs and medications ? case studies from Dr. Davidson s extensive research and medical practice ? a comprehensive medication chart to inform the reader of efficacy, dosage, and side effects of the most commonly used drugs, as well as those that have barely hit the market. Backed by peer-reviewed...



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