

1. Record Nr.	UNINA9910140605303321
Autore	Elliott Charles H
Titolo	Overcoming anxiety for dummies [[electronic resource] /] / by Charles H. Elliott and Laura L. Smith
Pubbl/distr/stampa	Indianapolis, Ind., : Wiley Pub., Inc., 2010
ISBN	9781118269220 0-470-63708-0
Edizione	[2nd ed.]
Descrizione fisica	1 online resource (363 p.)
Collana	--For dummies
Altri autori (Persone)	SmithLaura L
Disciplina	616.8522
Soggetti	Anxiety Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Includes index.
Nota di contenuto	Overcoming Anxiety For Dummies®, 2nd Edition; About the Authors; Dedication; Authors' Acknowledgments; Contents at a Glance; Table of Contents; Introduction; Part I: Detecting and Exposing Anxiety; Part II: Battling Anxiety; Part III: Letting Go of the Battle; Part IV: Zeroing in on Specific Worries; Part V: Helping Others with Anxiety; Part VI: The Part of Tens; Appendix: Resources for You; Index
Sommario/riassunto	Practical, proven ways to get fear, worry, and panic under control Think you worry too much? You're not alone?over 40 million Americans suffer from some form of anxiety. Help is here in this friendly guide, which offers sound advice on identifying anxiety triggers through taking self-tests, improving your eating habits, relaxing, and finding support for you and your loved ones. Now with 25% new and revised content, Overcoming Anxiety For Dummies, 2nd Edition explores all of the most common triggers for anxiety, recent developments in medications, newly emerging biologically o