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Altri autori (Persone)	JacobsonLavelle
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Nota di contenuto	Foreword -- Acknowledgments -- Introduction -- Decoding anxiety disorders -- Freaking out! : anatomy of a panic attack -- Anxiety disorder : what causes it and who's at risk? -- The surprising science behind neurogenesis meditative therapy : what's thought got to do with it? -- Eight steps to freedom: the escape anxiety program -- Step 1: conquering codependent control issues -- Step 2: dismantling perfectionism -- Step 3: surrendering shame and forgiving yourself -- Step 4: releasing resentment and forgiving others -- Step 7: making conscious choices about your feelings -- Step 8: rewriting your internal dialogue -- Information and resources for anxiety sufferers -- Appendix one: nutrition for peace of mind -- Appendix two exercise and anxiety -- Appendix three substance abuse and addiction resulting from anxiety disorders -- Notes -- About the author.
Sommario/riassunto	"Author presents her 8-Step Escape Anxiety program, used at the Betty Ford Center and other treatment facilities, developed after her own experience of hospitalization for anxiety disorders and related alcoholism. Program is based on her concept of Neurogenesis Meditative Therapy (NMT) that integrates practices of progressive relaxation, mindfulness meditation, guided imagery meditation, hypnotherapy, and cognitive behavioral therapy"--

