



Anxiety and Panic: How to reshape your anxious mind and brain (Paperback)

By Harry Barry

Orion Publishing Co, United Kingdom, 2017. Paperback. Condition: New. Language: English . Brand New Book. THE NUMBER 1 INTERNATIONAL BESTSELLER A practical guide to understanding, managing and overcoming anxiety and panic attacks by bestselling author and GP Harry Barry. Do you or does someone you love suffer from general anxiety, social anxiety, panic attacks, a phobia, obsessive-compulsive disorder or post-traumatic stress disorder? Or are you a health-care worker treating people with these disorders? Then this book is for you. Dr Harry Barry combines a deep knowledge of the inner workings of the mind and brain with a wealth of experience treating patients as a GP to offer a way out of the fear, worry and shame of anxiety. In this wise, supportive book, Dr Barry explains clearly and simply what it is about our minds and brains that generates the symptoms of anxiety. Through a series of case studies based on his real-life experiences treating patients, he explains and demonstrates how to use lifestyle changes, mindfulness, exercise and CBT techniques to cope with these symptoms and ultimately feel better. Previously published as Flagging Anxiety: How to Reshape Your Anxious Mind and Brain, this edition has been fully revised and updated.



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