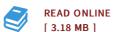




The Mindful Way through Anxiety: Break Free from Chronic Worry and Reclaim Your Life (Paperback)

By Susan M. Orsillo, Lizabeth Roemer

Guilford Publications, United States, 2011. Paperback. Condition: New. Language: English . Brand New Book. You can t just get over anxiety. In fact, the very things most people do to try to feel better--avoiding feared situations, pushing worry out of mind--only make the problem worse. Leading psychologists Susan M. Orsillo and Lizabeth Roemer present a powerful new alternative that can help you break free of anxiety by fundamentally changing how you relate to it. With clarity and compassion, this book describes clinically tested mindfulness practices specifically tailored for anxiety in its many forms. Learn step-by-step strategies for gaining awareness of anxious feelings without letting them escalate; loosening the grip of worry and fear; and achieving a new level of emotional and physical well-being. Free audio downloads of mindfulness exercises plus other resources are available at the authors website, Association for Behavioral and Cognitive Therapies (ABCT) Self-Help Book of Merit.



Reviews

Basically no phrases to clarify. It really is writter in straightforward phrases rather than hard to understand. You will not sense monotony at at any moment of your own time (that's what catalogues are for concerning if you ask me).

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