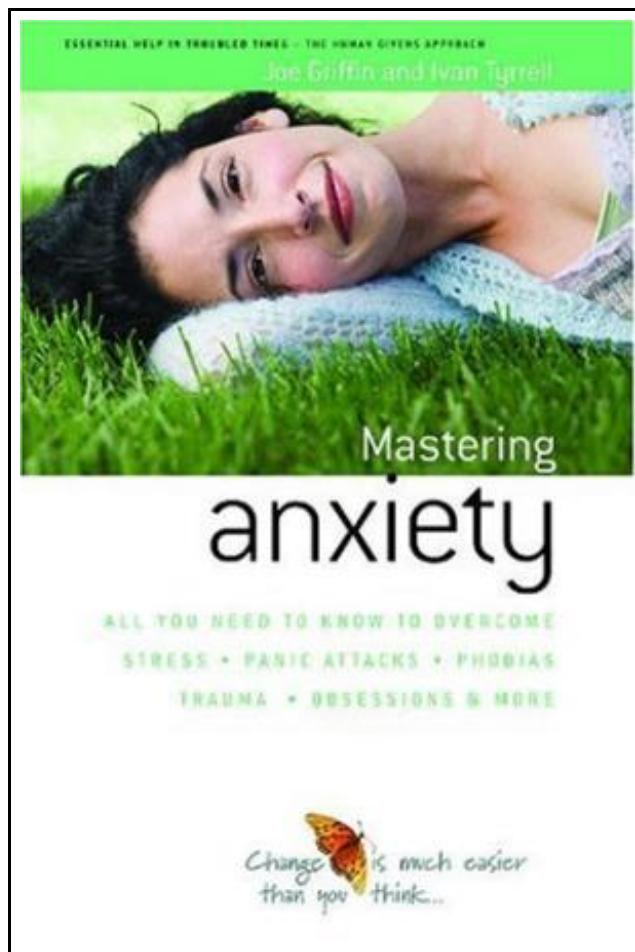


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Human Givens Publishing Ltd, United Kingdom, 2009. Paperback. Condition: New. Language: English . Brand New Book. Mastering Anxiety is a major step forward in the way we understand and deal with a wide range of anxiety disorders - from phobias to post traumatic stress. Based on the human givens approach to psychotherapy, it contains science-based insights into human behaviour, our needs and the ways in which we get those needs met that will help you overcome a wide range of anxiety-led behaviours and take back control of your life. Down-to-earth and easy-to-read, this book gives clear advice and practical steps for anyone wanting to conquer their own over-anxious behaviour - whatever it is - or help others overcome theirs. Full of practical techniques for learning how to relax, it also teaches you how to avoid black and white thinking and gives examples of how to change your perspective on something you fear, to reframe your thinking and trick your brain into not making the inevitable catastrophic pattern match which causes your anxiety. And encouraging case studies, covering all kinds of anxious or phobic behaviour show you how others have successfully mastered their anxiety. The Human Givens Approach series was launched in October 2004 with How to lift depression fast. This immediately became a bestseller and has consistently ranked as the topselling book on depression on Amazon since its launch. In May 2005, Freedom from Addiction was published to critical acclaim. Each book in the series explores a recognised psychological or behavioural problem and shows in clear, non-jargonistic language how to treat it effectively with psychological interventions. Future titles will cover: anger, psychosis, disturbed children, self-harming, obesity, workplace stress, antisocial behaviour, ageing, disability and saving families.

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