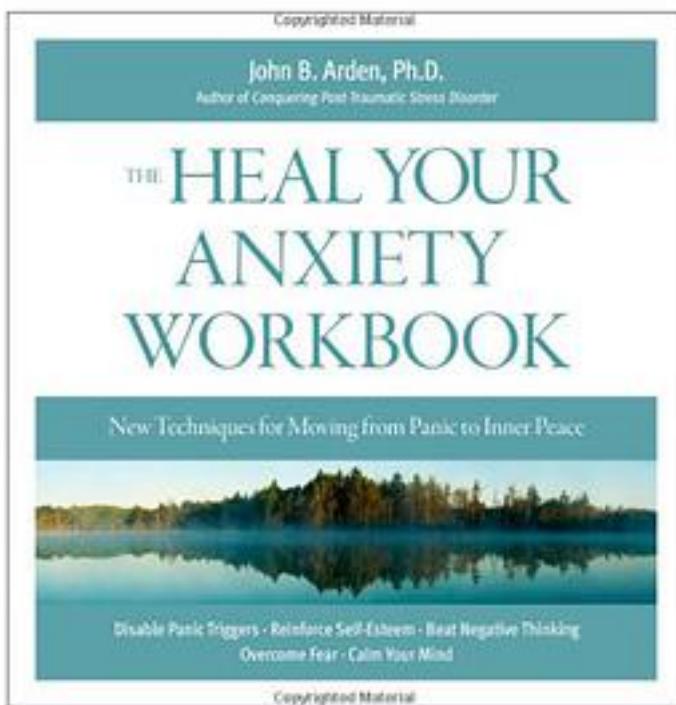


The Heal-your-anxiety Workbook



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出版者:

出版时间:2009-2

装帧:

isbn:9781592333516

"The Heal-Your-Anxiety Workbook" enables people to understand and explain what their doctors can't--the emotions influencing their illness or condition. This self-awareness enables readers to make changes in their behavior and outlook independent of medical treatment--without precluding it. "The Heal-Your-Anxiety Workbook" gives readers a personal understanding of their anxiety issues and triggers. The book will have an attractive look and feel and distinguish it from clinical titles on the shelf. Exercises help readers explore what the underlying causes of their anxiety are, who and what trigger these causes, and how they can effectively cope with their

emotions. The exercises and introductions give readers information and insight with a light clinical touch, the attractive packaging makes readers feel they are treating themselves--not an illness or condition. The book will include approximately 8-10 chapters which will address the emotional/interpersonal facets of anxiety. Exercises such as worksheets, reflective questions, and meditations will help readers determine underlying causes of their anxiety.

作者介绍:

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