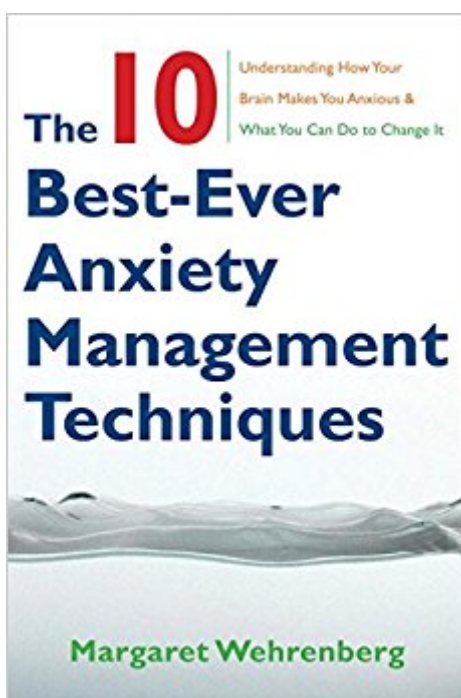


The book was found

# The 10 Best-Ever Anxiety Management Techniques: Understanding How Your Brain Makes You Anxious And What You Can Do To Change It



## Synopsis

A strategy-filled handbook to understand, manage, and conquer your own stress. Anxiety disorders-grouped into three main categories: panic, generalized anxiety, and social anxiety-are among the most common and pervasive mental health complaints. From the subtlest effect of sweaty palms during a work presentation to the more severe symptom of reclusion, anxiety casts a wide net. Medication, once considered the treatment of choice, is losing favor as more and more sufferers complain of unpleasant side effects and its temporary, quick-fix nature. Now, thanks to a flood of fresh neurobiology research and insights into the anatomy of the anxious brain, effective, practical strategies have emerged allowing us to manage day-to-day anxiety on our own. Addressing physical, emotional, and behavioral symptoms, Margaret Wehrenberg, a leading mental health clinician, draws on basic brain science to highlight the top ten anxiety-defeating tips. Everything from breathing techniques and mindful awareness to cognitive control and self-talk are included-all guaranteed to evict your anxious thoughts. 20 illustrations

## Book Information

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## Customer Reviews

"[A] thoroughly user friendly instructional guide is a must-read for anyone suffering from a condition of chronic anxiety whether it is a low-level condition or a traumatically crippling one." - The Midwest Book Review  
"[O]ffers thorough explanations of the many facets of anxiety conditions and ways to cope with them. Presenting anxiety as manageable, prevalent, and treatable in a variety of ways offers a true sense of comfort to those afflicted." - USABP Newsletter  
"This

excellent book brings Dr. Wehrenberg's expert knowledge and clinical wisdom to anxiety sufferers with clarity and compassion. Comprehensive and easy to read, she emphasizes the role the brain plays in anxiety, and more importantly, how one can then use the brain to change the brain. This practical, mind-body focus will be immensely helpful to those who are tormented by anxiety. I recommend it with enthusiasm!

- Aureen Wagner, PhD,  
University of Rochester School of Medicine

Margaret Wehrenberg, Psy.D., is a licensed psychologist in private practice, a popular public speaker, and international anxiety coach. She is the author of *The Anxious Brain*, *The 10 Best-Ever Anxiety Management Techniques*, and *The 10 Best-Ever Depression Management Techniques*. She lives in St. Charles, Missouri.

Definitely a great read for those who are new or looking for the beginning information and basics on Generalized Anxiety Disorder (GAD), as well as panic and social disorders. I found some of the techniques and practices to be very helpful and I continue practicing them today. However, I felt there are a lot of filler information and a lot of in depth information that was not needed, but I can see the value. Some parts are very thick with medical jargon and how to your breaks works under different conditions. All and all if you have a social or panic disorder, or GAD, and you don't have any information to begin yourself with then this is definitely a great read to pick up for a reasonable price, and can easily be kept for a go to book for answers.

Just revisited this book after reading it when it first came out in 2008. Still a gem! Organized so the reader can either jump to the "10 best ever" techniques, or read first about how the brain makes us anxious, this is still the seminal self-help book on dealing with anxiety. The "10 Techniques" are simple to understand and easy to implement ..... anyone can do them, which is why this book is so useful. I recommend it as a great investment for anyone looking for a practical guide to managing anxiety.

I am currently in DBT focused therapy to deal with my borderline personality disorder. I had a particularly bad anxiety attack at my last visit and he had this book on hand and used one of the breathing awareness techniques on me with my eyes closed first drawing awareness of my breath then nearby surroundings and so on. It worked very effectively. He recommended the book and its a must have for sufferers of anxiety, panic and stress ( which is pretty much everyone right? Lol). Its a

great easy read. You will be amazed at the ability to transform yourself as well as the energy you bring to others just through recognizing and realizing the power of your own breathing!

I had a phobia of driving, always imagining accidents. I read this book, put her suggestions to use, and within two weeks was able to abolish the problem! This book is an easy read and is not weighted down with case study after case study. The recommendations are easy to follow and they work. I would recommend this book to anyone with an anxiety problem

These aren't really quite single tips--more like a woven text on anxiety management in general divided into sections. There is some useful information here but I wouldn't necessarily recommend it over any other "anxiety management" self-help book.

My doc and I talk about his book every meeting. So much information and so easy to understand. No matter your levels of anxiety, this book can lead you to some self treatment helpers.

I have suffered from an anxiety disorder for a very long time. This book should be given to everyone as soon as they are diagnosed. It covers a lot about the brain chemicals and gives practical suggestions about how you can work through your symptoms. Margaret explains exactly what your brain is going through when you feel anxious. She gives incredibly useful advice at how certain techniques can counter the symptoms produced by your brain. It was so helpful to me and I've read a lot about managing anxiety. I also enjoyed the discussion about whether or not to take medication. I felt that this was very balanced and can be helpful for those questioning whether or not to try medication. Seriously, this book was fantastic. I've struggled with several books that focused on the mindset, not taking into account that you can't think logically when triggered. This helped me so much

The Lady knows what she's talking about. The book is a good read with helpful hints to manage anxiety (just like the title says). I believe this book would work well when you refer to it while doing some CBT as well. The additional help you get from a Professional while in CBT can help you remember to use the techniques contained within in everyday life with consistency and at the right time.

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The 10 Best-Ever Anxiety Management Techniques: Understanding How Your Brain Makes You

Anxious and What You Can Do to Change It Happy Brain: 35 Tips to a Happy Brain: How to Boost Your Oxytocin, Dopamine, Endorphins, and Serotonin (Brain Power, Brain Function, Boost Endorphins, Brain Science, Brain Exercise, Train Your Brain) Anxiety: Anxiety Cure Secrets: 10 Proven Ways To Reduce Anxiety & Stress Rapidly (BONUS- 30minute Anxiety Coaching Session- Anxiety Cure, Become Free, 10 simple ways) Separation Anxiety: A Parent's Guide for Dealing with a Child's Separation Anxiety ~ ( Separation Anxiety Disorder | Separation Anxiety in Children or Toddlers ) Rewire Your Anxious Brain: How to Use the Neuroscience of Fear to End Anxiety, Panic, and Worry Calming Your Anxious Mind: How Mindfulness and Compassion Can Free You from Anxiety, Fear, and Panic Change Your Brain, Change Your Body: Use Your Brain to Get and Keep the Body You Have Always Wanted Change Your Brain, Change Your Life (Revised and Expanded): The Breakthrough Program for Conquering Anxiety, Depression, Obsessiveness, Lack of Focus, Anger, and Memory Problems Change Your Brain, Change Your Life: The Breakthrough Program for Conquering Anxiety, Depression, Obsessiveness, Anger, and Impulsiveness Anxious Kids, Anxious Parents: 7 Ways to Stop the Worry Cycle and Raise Courageous and Independent Children CBT Worksheets for Teenage Social Anxiety: A CBT workbook to help you record your progress using CBT for social anxiety. This workbook is full of ... CBT therapy and CBT books on social anxiety. Activate Your Brain: How Understanding Your Brain Can Improve Your Work - and Your Life NLP: The Beginners Essential NLP Guide: 7 Simple but Powerful Techniques to Change Your Mind, Overcome Anxiety, and Eliminate Crippling Self Doubt So You Can Achieve Your Full Potential in Life Anxious in Love: How to Manage Your Anxiety, Reduce Conflict, and Reconnect with Your Partner Insecure in Love: How Anxious Attachment Can Make You Feel Jealous, Needy, and Worried and What You Can Do About It Mid-Life Career Rescue Series Box Set (Books 1-3):The Call For Change, What Makes You Happy, Employ Yourself: How to change careers, confidently leave ... you hate, and start living a life you love, The Antianxiety Food Solution: How the Foods You Eat Can Help You Calm Your Anxious Mind, Improve Your Mood, and End Cravings Anxiety: Rewire Your Brain to Overcome Anxiety, Stop Panic Attacks and Relieve Stress (Mindfulness Book 2) Anxiety: Rewire Your Brain Using Neuroscience to Beat Anxiety, Fear, Worry, Shyness and Panic Attacks Why Isn't My Brain Working?: A Revolutionary Understanding of Brain Decline and Effective Strategies to Recover Your Brain's Health

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