

COPING WITH ANXIETY

10 simple
ways to relieve
anxiety, fear
& worry

EDMUND BOURNE, PH.D.,
author of *The Anxiety & Phobia Workbook*
& LORNA GARANO

US \$14.95

PERSONAL GROWTH/PSYCHOLOGY

Find calm and create peace in your life by using these simple techniques for relieving anxiety.

These immediate, user-friendly and effective strategies are designed to help you overcome the physical, mental, and emotional symptoms of anxiety. They include step-by-step exercises that you can do in the moment without having to understand the subtleties of the most often used therapies for treating anxiety.

"Here is a book for all of us. *COPING WITH ANXIETY* teaches us to quiet our busy worries, settle our rational problems, soothe our daily tensions, and nourish our physical body. Living life to the fullest means that we must weather all kinds of challenges. Within these pages we learn how to find the calm in the eye of the storm."

—R. MILD WILSON, PH.D., author *Don't Blow: Survive Emotional Anxiety Attacks*

"Edmund Bourne is one of the major experts on anxiety. In this simple little book, he gives readers who suffer from anxiety attacks on all levels of intensity ten extraordinarily useful tools for anxiety relief in the most accessible form available in print."

—MATTHEW MCKAY, PH.D., author *Calming the Anxious Mind*

"*COPING WITH ANXIETY* is an extremely valuable resource guide for anyone suffering from anxiety. It is very comprehensive in its scope, describing a wide range of useful methods that will help the reader lessen anxiety and create a more calm, peaceful way of life."

—JANET E. ISPOSIANO, M.S.W., author *On the Spectrum: Coping with Fearful, Public Speaking and Delivering*

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