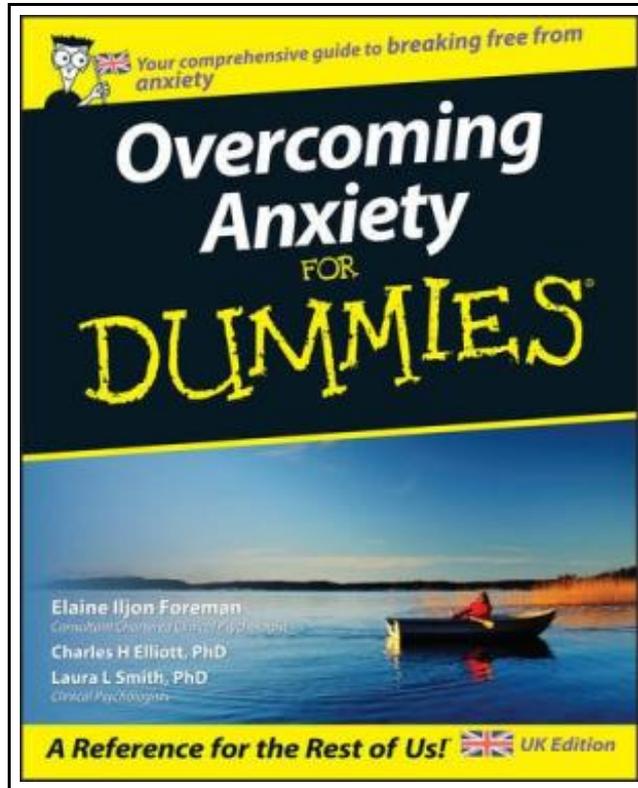


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(Prof. Geraldine Monahan)

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John Wiley and Sons Ltd, United Kingdom, 2007. Paperback. Condition: New. New. Language: English . Brand New Book. There are many forms of anxiety disorder, including General Anxiety Disorder (GAD), Panic Attacks, Phobias (including social anxiety), Obsessive Compulsive Disorders, Post-Traumatic Stress Disorder, and Acute Stress Disorder. Even in their most mild forms, these disorders can be troubling and exhausting - at worst they can severely disable a person s ability to function in day-to-day life. Severe anxiety and phobic disorders affect 18 of the UK population.) Symptoms of anxiety range from the mental and emotional - depression, having difficulty concentrating, losing patience easily - to the physical - excessive thirst, headaches, pins and needles, and more (Often the problem is self-feeding - people try to keep things under control whilst simultaneously worrying about being anxious all the time, and the cycle goes on. Psychotherapy, medication and self help are the key treatments for anxiety - however, as many people either don t have access to, or choose not to take, professional treatment, self help is the key for a majority of sufferers.A Dummies book on the subject will present the facts without the jargon, and help people find the trustworthy guidance they need.



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