



Manage Anxiety Through CBT: Teach Yourself

By Windy Dryden

Hodder & Stoughton General Division. Paperback. Book Condition: new. BRAND NEW, Manage Anxiety Through CBT: Teach Yourself, Windy Dryden, Is this the right book for me? Using the proven techniques of cognitive behavioural therapy, this book will show you how to manage your anxiety, in whatever form it appears, from phobias to panic attacks and general anxiety disorder. You will receive support for understanding with and coping with different types of anxiety, using CBT to manage your symptoms and alleviate much of your distress. You will also learn how to be more resilient and accepting of all your thoughts, fears and emotions, and discover new, healthier ways of thinking that will free you from anxiety. Manage Anxiety through CBT includes: Chapter 1: Understanding the 'ABCDEs' of Rational-Emotive Cognitive Behaviour Therapy (RECBT) Chapter 2: Understanding anxiety and its healthy alternative, concern Chapter 3: How you make yourself disturbed about anxiety Chapter 4: How to manage anxiety: general principles and strategies Chapter 5: How to manage performance-related anxiety Chapter 6: How to manage social anxiety Chapter 7: How to manage health anxiety Chapter 8: How to manage anxiety about losing self-control Learn effortlessly with a new easy-to-read page design and interactive features...



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