



Living Well with Anxiety: What Your Doctor Doesn't Tell You... That You Need to Know (Living Well (Collins))

Carolyn Chambers Clark

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A Comprehensive, Holistic Guide to the Conventional Medical and Self-Care Treatments for Anxiety Disorders

In a world that values excess, the pressure to succeed never ends. As a result of our fast-paced and high-stakes society, anxiety can take over our lives.

For approximately 20 million American adults a year, anxiety symptoms such as dizziness, stammering, heart palpitations, trembling, and shaking can be extremely debilitating. Unlike other books on anxiety, this book offers a holistic program that includes not only conventional psychiatric and psychological treatments, but also provides nutrition, fitness, environmental, herbal, stress reduction/healing, and relationship self-care approaches.

Living Well with Anxiety contains helpful advice for a wide range of anxiety disorders: social anxiety disorder, panic disorder, obsessive compulsive disorder, and various phobias. With a comprehensive resource section that contains relevant websites and e-mail addresses, audiocassettes and Cds for relaxation, and descriptions of related books, this book provides vital help for anyone experiencing anxiety.

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