



Overcoming Anxiety: Self-Help Anxiety Relief

By David Berndt Phd

Createspace, United States, 2015. Paperback. Book Condition: New. 203 x 133 mm. Language: English . Brand New Book ***** Print on Demand *****.Psychologist David Berndt, Ph.D., in *Overcoming Anxiety* outlines several self-help methods for relief of anxiety and worry. In clear simple language and a conversational style. Dr. Berndt shares with the reader powerful step by step proven techniques for anxiety management. You will learn: A Self-hypnosis grounding technique in the Ericksonian tradition. Box Breathing, Seven Eleven and similar breathing techniques for anxiety relief. How to stop or interrupt toxic thoughts that keep you locked in anxiety. How to harness and utilize your worries, so they work for you. Relief from anxiety through desensitization and exposure therapy. Designed to be used alone as self-help or in conjunction with professional treatment Dr. Berndt draws upon his experience as a clinician and academic researcher to give accessible help to the reader who wants to understand and manage their anxiety. About the Multiscore Depression Inventory: A textbook example of how to create a psychological test. -Oscar Burrows Mental Measurement Yearbook On *Overcoming Anxiety* Dr. Berndt's conversational and accessible style of writing makes *Overcoming Anxiety* a book you want for your top shelf....



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