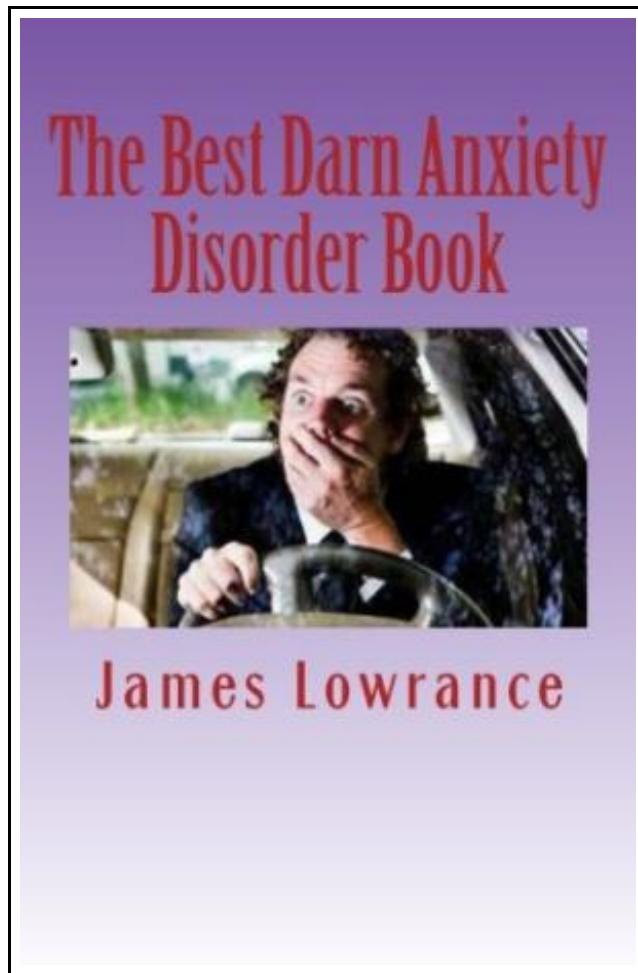


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Reviews

An exceptional publication as well as the font employed was exciting to see. it was actually written extremely flawlessly and helpful. Once you begin to read the book, it is extremely difficult to leave it before concluding.
(Dominic Collins)

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Createspace Independent Publishing Platform, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. This book is also a section found in The Everything Anxiety-Coping Book. Readers who wish to read about aspects of anxiety disorders specifically, can do so via this title. Anxiety Disorders affect about 40-million people in the U.S. alone and many millions more worldwide. Within this resource, each type of disorder is described in detail. Symptoms, diagnosis and treatments are also discussed in easy-to-understand but concise language, so that both novice readers and those in the mental health profession can benefit from the information provided. Those who suspect they or a loved-one may be experiencing an Anxiety Disorder can read descriptions of those that might possibly be affecting them (A definitive diagnosis must come through a licensed professional.). Manifestations of chronic anxiety such as unreality symptoms (depersonalization and derealization) are discussed as are the subjects of catastrophic thinking and what it means to become sensitized to anxiety. Other subjects of interest for those who wish to learn more about chronic or severe anxiety include discussions on the fight or flight response (anxiety mechanism) and what it really means to have a nervous breakdown. Types of therapies to treat anxiety are also discussed, including psychiatric, self-help and drug treatments. CHAPTER 1. 40 Million U.S. Adult Anxiety Disorder Sufferers CHAPTER 2. Understanding the Fight or Flight Response CHAPTER 3. Medical Causes of Anxiety Symptoms CHAPTER 4. Anxiety Disorder Symptom Phenomena CHAPTER 5. More about Chronic Anxiety Unreality Symptoms CHAPTER 6. Obsessive-Compulsive Disorder - Basic Facts CHAPTER 7. Post Traumatic Stress Disorder Basic Facts CHAPTER 8. Panic Disorder Basic Information CHAPTER 9. Generalized Anxiety Disorder Basic Facts CHAPTER 10. Social Anxiety Disorder Basic Facts CHAPTER 11. Chronic Thoughts of Irrational Worry CHAPTER 12....

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