



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

By 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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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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- Sales Rank: #1222515 in Books
- Published on: 2006-04-11
- Released on: 2006-04-11
- Original language: English
- Number of items: 1
- Dimensions: 8.00" h x .79" w x 5.31" l, .58 pounds
- Binding: Paperback
- 352 pages

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Editorial Review

From Publishers Weekly

Clark (*Living Well with Menopause*) offers a solution-focused approach to living with anxiety. A certified holistic nurse practitioner with a master's in mental health, Clark, who admits to being among the 30 million Americans who suffer from anxiety, is careful not to impose her bias against conventional medicine on readers. What makes this book stand out isn't the clinically accurate overview of anxiety's causes and effects or the contrast of medical and holistic treatments, but its person-centered, strategic action plans. Information-packed chapters provide a thorough examination of nutrition (to identify missing anxiety-reducing nutrients), herbal supplements and the impact of nicotine, alcohol and chemicals, time-management skills, the potent antianxiety benefits of exercise and much more. Clark also discusses situations that may require therapy or counseling and provides a comprehensive checklist for finding a practitioner. Finally, readers are encouraged to create an Anxiety Success Plan (sample included). For millions of sufferers from generalized anxiety, panic disorder, phobias and other forms of anxiety who don't want medication, this book provides viable alternatives to traditional medicine. (*Apr.*)

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Review

"Anyone who suffers from anxiety should read this concise, helpful, easy-to-follow guide. It can change your life!" (Joan Borysenko, Ph.D., author of *Minding the Body Mending the Mind* and *Inner Peace for Busy People*)

"What makes this book stand out [are]...its person-centered, strategic action plans...[P]rovides viable alternatives to traditional medicine." (Publishers Weekly)

About the Author

Carolyn Chambers Clark is a board-certified advanced holistic nurse practitioner with a master's degree in mental health nursing and a doctorate in education. She is a faculty member in the Health Services Doctoral Program at Walden University, and she hosts <http://home.earthlink.net/~cccwellness> and <http://HolisticHealth.bellaonline.com>.

Users Review

From reader reviews:

Megan Snyder:

Spent a free time to be fun activity to try and do! A lot of people spent their spare time with their family, or their very own friends. Usually they performing activity like watching television, likely to beach, or picnic within the park. They actually doing ditto every week. Do you feel it? Do you want to something different to fill your own personal free time/ holiday? Could be reading a book is usually option to fill your totally free time/ holiday. The first thing you ask may be what kinds of book that you should read. If you want to try look for book, may be the publication untitled *Living Well with Anxiety: What Your Doctor Doesn't Tell You... That You Need to Know (Living Well (Collins))* can be great book to read. May be it is usually best activity to you.

William Emmer:

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