



# Anxiety - The Essential Guide

*Jennifer J. Ashcroft, Dr Jennifer Ashcroft*

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## **Anxiety - The Essential Guide** Jennifer J. Ashcroft, Dr Jennifer Ashcroft

Everyone feels a degree of anxiousness from time to time and most people are able to cope with those feelings. In some cases, anxiety can be a good thing, prompting action when needed, the famous 'fight or flight' reaction. However, for some people anxiety can be too intense, becoming a bigger and bigger problem until it impacts upon daily life to such an extent something needs to be done. In order to overcome anxiety, one of the first things you must do is recognise that anxiety can manifest itself in many different ways. One person's experience of anxiety can be very different from the next. Written by a chartered clinical psychologist, this book aims to help the reader to understand what is causing their anxiety and how to break the pattern of behaviour contributing to anxious episodes. By giving the reader the information necessary to change their lives using psychological techniques to help formulate their problem, they can change their thoughts, emotions and behaviour to overcome the anxiety without taking drastic measures. Anxiety: The Essential Guide will help each individual understand their own anxiety problems. It will give the reader the information necessary to change their lives by using psychological techniques to help formulate their problem and then change their thoughts, their emotions and their behaviour.

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