



The Everything Anxiety-Coping Book: Transforming Anxiety into a Positive Force

James M. Lowrance

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This book containing 36-chapters, is a compilation of four previously published titles that have been combined into one comprehensive resource (See description of combined titles shown below). The subjects covered include aspects of Anxiety Disorders, their symptom manifestations, coping methods and treatments. It is my hope that readers will find this book to be a valuable resource for personal anxiety coping or for that in supporting their loved ones who suffer chronic anxiety. **TABLE OF CONTENTS:** SECTION ONE - "A Complete Look at Anxiety Disorders" CHAPTERS: 1. The True Purpose of Anxiety 2. When is Anxiety Considered a Disorder? 3. Four Common Anxiety Disorders 4. Anxiety Sensitization 5. Catastrophic Thinking 6. Depersonalization and Derealization 7. Calming Yourself during Panic Attacks or Severe Anxiety Episodes 8. Is Anxiety Dangerous to Your Health? SECTION TWO - "The Best Darn Anxiety Disorders Book!" CHAPTERS: 1. 40 Million U.S. Adult Anxiety Disorder Sufferers 2. Understanding the Fight or Flight Response 3. Medical Causes of Anxiety Symptoms 4. Anxiety Disorder Symptom Phenomena 5. More about Chronic Anxiety Unreality Symptoms 6. Obsessive-Compulsive Disorder - Basic Facts 7. Post Traumatic Stress Disorder Basic Facts 8. Panic Disorder Basic Information 9. Generalized Anxiety Disorder Basic Facts 10. Social Anxiety Disorder Basic Facts 11. Chronic Thoughts of Irrational Worry 12. Dealing with a Climax of Anxiety Symptoms 13. When the Stress of Life becomes Overwhelming 14. Chronic Anxiety Associated with Thyroid Disorder 15. When Phobic Reactions Are Easily Triggered by Stress 16. More about Chronic Anxiety and Panic Coping Methods SECTION THREE - "Treatments for Medically Caused Anxiety and Depression" CHAPTERS: 1. More about Medical Causes of Anxiety 2. More about Panic Disorder and Thyroid Disease 3. Anxiety with Thyroid Hormone Therapy 4. Medical Causes of Depression 5. Is "Nervous Breakdown" a True Medical Term? 6. Coping Methods for Anxiety Disorders and Major Depression SECTION FOUR - "Identifying and Treating Mental and Emotional Disorders" CHAPTERS: 1. The Differences Between Psychosis and Common Anxiety and Depression 2. Cognitive Behavioral Therapy for Anxiety Disorders 3. The Basic Differences between Anxiety & Depression 4. Antidepressants Effective for some but not for Others 5. More Patient Education and Doctor Communication about SSRI Antidepressants 6. Stress Management to Aid Treatments for Mind and Emotions

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