



Dealing with Anxiety (Psychology Briefs)

Rudy Nydegger

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Dealing with Anxiety (Psychology Briefs) Rudy Nydegger

A concise, accessible introduction to anxiety covering everything from its causes to its symptoms, available treatment options, and prevention.

- Addresses some of the strategies that people can apply to help themselves to reduce or mitigate stress
- Includes coverage of recent research and theories about anxiety
- Analyzes psychological and biological responses to stress
- Reveals the truth behind myths about anxiety
- Features case studies of people living with anxiety disorders

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