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Overcoming Anxiety For Dummies

By Charles H. Elliott, Laura L. Smith



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Discover new medications for easing symptoms

Fight anxiety and win the war against your worries!

Think you worry too much? You're not alone - over 25 million Americans suffer from some form of anxiety. Help is here in this friendly guide, which offers sound advice on identifying anxiety triggers through taking self-tests, improving your eating habits, relaxing, and finding support for you and your loved ones.

Praise for Overcoming Anxiety For Dummies

"In Overcoming Anxiety For Dummies, Elliot and Smith have provided a timely and informative description of the reasons why people become anxious and what they can do about it."

- Steven D. Hollon, PhD. Professor of Psychology,
Vanderbilt University, Nashville, Tennessee



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About the Author

Charles H. Elliott, PhD, and Laura L. Smith, PhD, are both clinical psychologists specializing in the treatment of anxiety and mood disorders.

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