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# Coping with Anxiety: Ten Simple Ways to Relieve Anxiety, Fear, and Worry

By Edmund Bourne PhD, Lorna Garano



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## Coping with Anxiety: Ten Simple Ways to Relieve Anxiety, Fear, and Worry

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**Relieve anxiety, fear, and worry for good! Fully revised and based in the latest research, this second edition of *Coping with Anxiety* includes the latest DSM updates and provides immediate, user-friendly, and effective strategies to stop anxiety at its source.**

If you suffer from anxiety, you may try to avoid the situations that cause you to feel uneasy. But avoidance isn't the answer—and letting your fears and worries constantly hold you back will keep you from living the life you truly want. So, how can you learn to cope with your anxiety while it's happening?

In *Coping with Anxiety, Second Edition*, renowned anxiety expert and author of *The Anxiety and Phobia Workbook*, Edmund Bourne, offers a clinically proven, step-by-step program to help you overcome the physical, mental, and emotional symptoms of anxiety. The exercises in this book can be done in the moment, whenever you feel anxious, and will help you move past your fears and start living the life you were meant to live.

Don't let anxiety keep you one step behind. This book will show you how to face your fears, overcome panic when it happens, and take charge of your anxiety once and for all.



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### Editorial Review

#### Review

“Bourne and Garano offer a delightfully helpful workbook for those who experience anxiety and those who counsel them. It is up-to-date, thorough, and most importantly, doable! Readers will find it immensely practical and impactful.”

—**Timothy A. Sisemore, PhD**, director of research and professor of counseling and psychology at Richmond Graduate University, and author of *The Clinician’s Guide to Exposure Therapies for Anxiety Spectrum Disorders*

“Edmund Bourne, in the revised second edition of *Coping with Anxiety*, a step-by-step self-help book, expertly guides readers through ten ways to reduce anxiety and improve coping skills. He covers relaxation, thinking skills, confronting challenging situations, exercise, and diet, as well as ways to nourish oneself, simplify life, and reduce worry. He includes exercises and questionnaires. The book is an important and highly useful contribution to the field.”

—**Lynne Henderson**, founder of the Social Fitness Center; founder and codirector, with Philip Zimbardo, of The Shyness Institute; and author of *Helping Your Shy and Socially Anxious Client* and *The Compassionate-Mind Guide to Building Social Confidence*

“Edmund Bourne is one of the top experts on the subject of anxiety. ... *Coping with Anxiety* is a valuable, up-to-date resource filled with very helpful information for those who suffer from anxiety, and for professionals who want to expand their knowledge in this area. This book provides a road map to creating a calmer, more relaxed, and peaceful way of life.”

—**Janet E. Esposito, MSW**, author of *In the SpotLight* and *Getting Over Stage Fright*

“In their new book, *Coping with Anxiety*, Edmund Bourne and Lorna Garano have done a very nice job of updating and adding new approaches to the first edition of the book. ... The authors note in the introduction that in a single year, some fifty million Americans suffer with anxiety of some form. In *Coping with Anxiety*, they offer readers many helpful, accessible, and quite varied methods to better manage and cope with whatever form of anxiety they face. This book is a broad and accessible resource for anyone struggling to manage anxiety.”

—**Jeffrey Brantley, MD**, founding director of the Mindfulness Based Stress Reduction Program at Duke Integrative Medicine, assistant consulting professor in the department of psychiatry and behavioral science at Duke University Medical Center, author of *Calming Your Anxious Mind*, and coauthor of *Daily Meditations for Calming Your Angry Mind*

“This engaging book has an easy, encouraging, and calming flow. Practically everyone who suffers from one or more form of anxiety can greatly benefit from following the authors’ carefully mapped, scientifically supported path to relief from anxiety.”

—**Bill Knaus, EdD**, author of *The Cognitive Behavioral Workbook for Depression* and *The Cognitive Behavioral Workbook for Anxiety*

“Here is a book for all of us. *Coping with Anxiety* teaches us to quiet our noisy worries, settle our problems rationally, smooth out our daily tensions, and nourish our physical body. Living life to the fullest means that we must weather all kinds of challenges. Within these pages we learn how to find the calm in the eye of the storm.”

—**Reid Wilson, PhD**, author of *Stopping the Noise in Your Head*

“This is the first book anyone struggling with anxiety should read. It offers clear and effective help, and proven and doable solutions. An extraordinary resource for overcoming fear and anxiety.”

—**Matthew McKay, PhD**, coauthor of *Thoughts and Feelings*

“Just when you thought a manual was perfect, Ed Bourne has improved on it. One of the most comprehensive, relatable, and easy-to-implement manuals on how to relieve your anxiety. Highly recommended.”

—**Jennifer V. Owens MA, LPC**, counselor specializing in treating anxiety disorders incorporating cognitive behavioral therapy (CBT), and founder of Fly with the Greatest of Ease, a program for fearful fliers

#### About the Author

**Edmund J. Bourne, PhD**, has specialized in the treatment of anxiety, phobias, and other stress-related disorders for over two decades. His self-help books have helped over a million people and have been translated into numerous languages. He currently resides in Florida and California.

Dr. Bourne is available to answer brief questions, as well as do hour-long phone consultations. Further information about Bourne and how to contact him is available on his website [www.helpforanxiety.com](http://www.helpforanxiety.com).

**Lorna Garano** is a freelance writer and publicist.

## Users Review

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#### William Murphy:

Do you have favorite book? For those who have, what is your favorite's book? Book is very important thing for us to understand everything in the world. Each publication has different aim or goal; it means that book has different type. Some people experience enjoy to spend their the perfect time to read a book. They are really reading whatever they have because their hobby is definitely reading a book. What about the person who don't like looking at a book? Sometime, particular person feel need book after they found difficult problem as well as exercise. Well, probably you'll have this *Coping with Anxiety: Ten Simple Ways to Relieve Anxiety, Fear, and Worry*.

**John Judge:**

The e-book with title *Coping with Anxiety: Ten Simple Ways to Relieve Anxiety, Fear, and Worry* includes a lot of information that you can learn it. You can get a lot of gain after read this book. This book exist new know-how the information that exist in this guide represented the condition of the world at this point. That is important to yo7u to know how the improvement of the world. That book will bring you in new era of the internationalization. You can read the e-book on your own smart phone, so you can read the item anywhere you want.

**Donald Fujita:**

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**Rita Furguson:**

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