



Managing Anxiety with Mindfulness For Dummies (Paperback)

By Joelle Jane Marshall

John Wiley Sons Inc, United States, 2015. Paperback. Book Condition: New. UK Portable ed.. 220 x 144 mm. Language: English . Brand New Book. Don't panic! Managing Anxiety with Mindfulness For Dummies is a practical guide to overcoming your worries and minimising anxiety using mindfulness techniques. The National Health Service and the National Institute for Care and Excellence recommend mindfulness as a legitimate treatment for anxiety, and it's also been proven to alleviate stress, depression, low self-esteem, and insomnia. This book explains the benefits of mindfulness, and how it can help you face your fears and defeat persistent, irrational worries. Learn how to break the anxiety cycle with an optimistic approach, live in the present moment, and manage your thoughts using the fundamental techniques of mindfulness therapy. This friendly guide will accompany you every step of the way as you understand your anxiety, identify solutions to your problem, maintain your gains, and avoid relapse. Over three million people in the UK suffer from Generalised Anxiety Disorder, with millions more experiencing phobias, OCD, and panic disorders. Anxiety is potentially debilitating, but many people are daunted by navigating the health system and thus fail to seek treatment. This book provides a...

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