

# Anxiety Disorder Workbook - Ellen Popkin, Mary

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Mary Ellen Popkin gives a vivid account of her first terrifying anxiety attack during her college years. She recounts how anxiety became a daily reality until it eventually left her homebound for 7 months. Diagnosed with separation anxiety, Generalized Anxiety Disorder and Agoraphobia she worked her way back to the "outside world". inch by inch, she reached her goal of having a career and traveling again. This book is filled with practical survival tips for someone with anxiety disorder. It is set up in 20 sections filled with lessons that are easy to follow. The reader can study and practice these tips at his/her own pace. It details way to handle the stress of being alone to anxiety while driving. Also included are tips on how to create your own "anxiety safety kit". Giving the reader hope, she states that "There is no such thing as a set-back without growth spurts." Read this powerful personal story and lessons that follow. This book is recommended reading for someone wanting to help him/herself--or friend or family member--even a child--with this debilitating disorder. These are surely anxious, high-stress times we live in--and many millions of Americans suffer from Anxiety Disorder and Panic Syndrome. You may be one of them. You certainly know one of them, and perhaps your pre-teen or teenager is dealing with anxiety and panic for the first time. Much of this interited disorder can be dealt with and eased significantly with at-home relaxation lessons and exercises. Words: anxiety separation, disorder panic, inch by inch, panic anxiety, separation anxiety, with anxiety Author: Popkin, Mary, Ellen Publisher: Awe-Struck E-Books, Inc. Illustration: N Language: ENG Title: Anxiety Disorder Workbook Pages: 00000 (MicrosoftReader.lit) / 00000 (Encrypted PDF) On Sale: 2005-08-01 SKU-13/ISBN: 9781587492853 Category: Psychology : Mental Health

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