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Overcoming Anxiety

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Learn to:

- Get fear, worry and panic under control
- Recognise your anxiety triggers
- Cope with the challenge of difficult situations
- Calm your thinking using relaxation techniques

Christopher Mogan, PhD

Director of The Anxiety Clinic, Melbourne

Charles H. Elliott, PhD

Laura L. Smith, PhD

Authors of Depression For Dummies



Overcoming Anxiety For Dummies Australia Nz

Bev Aisbett



Overcoming Anxiety For Dummies Australia Nz:

Overcoming Anxiety For Dummies Charles H. Elliott, Laura L. Smith, 2010-04-01 Practical proven ways to get fear worry and panic under control Think you worry too much You re not alone over 40 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 Now with 25% new and revised content Overcoming Anxiety For Dummies 2nd Edition explores all of the most common triggers for anxiety recent developments in medications newly emerging biologically oriented approaches for treating anxiety and the most up to date advancements in psychotherapies Understand why you re anxious and pinpoint your triggers Get trusted advice on whether you can overcome anxiety on your own or seek professional help Covers anxiety in teens young adults and veterans The practical information in Overcoming Anxiety For Dummies 2nd Edition is your first step toward getting your life back and winning the war against your worries [Overcoming Anxiety For Dummies - Australia / NZ](#) Christopher Mogan, Charles H. Elliott, Laura L. Smith, 2015-02-23 Simple practical strategies for keeping anxiety under control Everyone experiences anxiety After all life is stressful But are you too anxious Is it disrupting your life If so this book can help Overcoming Anxiety For Dummies Australian New Zealand Edition is a friendly plain English guide to understanding and overcoming intense excessive anxiety This book explains the difference between normal everyday anxiety and anxiety that requires attention and treatment It also includes updated information on treatment and getting help including organisations in Australia and New Zealand that assist people with anxiety Features practical guidance on treating anxiety with diet exercise meditation and more Shows you how to identify the factors that trigger your anxiety and how to manage them Offers trustworthy advice on whether you can manage your anxiety on your own or need to seek outside help Covers local organisations that can help including beyondblue Lifeline and Headspace as well as charities like the Salvation Army and the Smith Family Packed with practical strategies for feeling better this handy guide is perfect for anyone who wants to treat their minor anxiety on their own or find out whether they need professional assistance **Bookkeeping For Dummies - Australia / NZ** Veechi Curtis, Lynley Averis, 2014-09-02 The bestselling guide to stress free bookkeeping specifically for Australia and New Zealand Do you want to save time money and a few grey hairs by establishing efficient bookkeeping practices You ve come to the right place Bookkeeping For Dummies Second Australian New Zealand Edition shows small business owners and bookkeepers how to record day to day transactions understand GST generate Profit Loss reports and so much more Inside you ll get to grips with bookkeeping basics discover how to record business transactions correctly use the latest accounting software and find out how to manage employee payroll You ll also get advice on allocating tricky transactions correctly The new edition of this bestselling guide has been fully updated to include cloud accounting software bank feeds and automated reconciliations You can find out about changes to BAS Agent legislation and the latest in payroll and tax reporting obligations

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