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The 10 Best-Ever Anxiety Management Techniques: Understanding How Your Brain Makes You Anxious and What You Can Do to Change It

Margaret Wehrenberg Psy.D.

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A strategy-filled handbook to understand, manage, and conquer your own stress.

Anxiety disorders-grouped into three main categories: panic, generalized anxiety, and social anxiety-are among the most common and pervasive mental health complaints. From the subtlest effect of sweaty palms during a work presentation to the more severe symptom of reclusion, anxiety casts a wide net.

Medication, once considered the treatment of choice, is losing favor as more and more sufferers complain of unpleasant side effects and its temporary, quick-fix nature. Now, thanks to a flood of fresh neurobiology research and insights into the anatomy of the anxious brain, effective, practical strategies have emerged allowing us to manage day-to-day anxiety on our own.

Addressing physical, emotional, and behavioral symptoms, Margaret Wehrenberg, a leading mental health clinician, draws on basic brain science to highlight the top ten anxiety-defeating tips. Everything from breathing techniques and mindful awareness to cognitive control and self-talk are included-all guaranteed to evict your anxious thoughts. 20 illustrations

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Francisca Varney:

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