



Overcoming Anxiety For Dummies - Australia / NZ

Christopher Mogan, Charles H. Elliott, Laura L. Smith

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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.

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