



Anxiety: From Fearfulness to Freedom

Richard C Raynard PhD

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This action-oriented self-help book shows not only how anxiety and panic can enter into your life, but what you can do about it. It starts by clarifying the different experiences of fear, anxiety and panic and how they start, both inborn fears and those you acquire in life. Self-tests help you describe your anxieties, the calming methods most useful to you, and the worry controls you can use immediately. You form a Success ladder to plan everyday practice, using action steps, specific skills and motivational tools. Over 30 true case studies illustrate the important points. The consequences of handling your anxieties either in an instinctive, impulsive way or in a reflective, fulfilling way are vividly described. You are also shown how to overcome the barriers to finishing up, as well as how to get extra help from counseling and other sources, including helpful additional readings. This no-nonsense self-help book is authored by a clinical psychologist who has specialized in emotions for over 35 years, and has been the Director of the Anxiety and Phobia Center, Boston, for over 12 years. He brings to you his experience in counseling, training, research and the wide literature on anxiety. The stated purpose of the book is to transform your fears and anxiety from worry - avoiding or suppressing your fears - into a new energy and freedom to pursue your vital interests.

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