



# Idiot's Guides: Overcoming Anxiety, 2E

*Joni E. Johnston Psy.D., O. Joseph Bienvenu PhD*

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Millions of people suffer from various types of anxiety-related disorders, including social phobias, panic disorder, agoraphobia, OCD, PTSD, and others. *Idiot's Guides: Overcoming Anxiety, Second Edition*, offers worksheets for self-evaluation, calming strategies and relaxation techniques, practical steps to take control of anxiety-inducing thoughts, and natural ways to alleviate physical symptoms, such as exercise, rest, nutrition, yoga, and more.

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