

Books on Anxiety

- **The 10 Best-Ever Anxiety Management Techniques: Understanding How Your Brain Makes You Anxious and What You Can Do to Change It** – *by Margaret Wehrenberg Psy.D.*
 - 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.
- **Dare: The New Way to End Anxiety and Stop Panic Attacks** – *by Barry McDonagh*
 - The DARE technique can be used by everyone, regardless of age or background, to live a life free from anxiety or panic attacks.
- **The Anxiety and Phobia Workbook** – *by Edmund Bourne PhD*
 - This book will provide the latest treatment solutions for overcoming the fears that stand in the way of living a full, happy life.
- **Feeling Good: The New Mood Therapy** – *by David D. Burns*
 - In this updated edition, Dr. Burns adds an All-New Consumer's Guide To Anti-depressant Drugs as well as a new introduction to help answer your questions about the many options available for treating depression.
- **How to Stop Worrying and Start Living** – *by Dale Carnegie*
 - Through Dale Carnegie's six-million-copy bestseller recently revised, millions of people have been helped to overcome the worry habit. Dale Carnegie offers a set of practical formulas you can put to work today.
- **When Panic Attacks: The New, Drug-Free Anxiety Therapy That Can Change Your Life** – *by David D. Burns M.D.*
 - When Panic Attacks is an indispensable handbook for anyone who's worried sick and sick of worrying.
- **My Age of Anxiety: Fear, Hope, Dread, and the Search for Peace of Mind** – *by Scott Stossel*
 - Revealing anxiety's myriad manifestations and the anguish it causes, he also surveys the countless psychotherapies, medications, and often outlandish treatments that have been developed to relieve it.
- **What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety** – *by Dawn Huebner and Bonnie Matthews*
 - An interactive self-help book designed to guide 6-12 year olds and their parents through the cognitive-behavioral techniques most often used in the treatment of generalized anxiety.