



Overcoming Anxiety: Self-Help Anxiety Relief (Psychology Knowledge) (Volume 1)

David Berndt PhD

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Psychologist David Berndt, Ph.D., in *Overcoming Anxiety* outlines several self-help methods for relief of anxiety and worry. In clear simple language and a conversational style. Dr. Berndt shares with the reader powerful step by step proven techniques for anxiety management. You will learn: • A Self-hypnosis grounding technique in the Ericksonian tradition. • Box Breathing, Seven Eleven and similar breathing techniques for anxiety relief. • How to stop or interrupt toxic thoughts that keep you locked in anxiety. • How to harness and utilize your worries, so they work for you. • Relief from anxiety through desensitization and exposure therapy. Designed to be used alone as self-help or in conjunction with professional treatment Dr. Berndt draws upon his experience as a clinician and academic researcher to give accessible help to the reader who wants to understand and manage their anxiety. About the Multiscore Depression Inventory: “A textbook example of how to create a psychological test.” -Oscar Burrows *Mental Measurement Yearbook* On *Overcoming Anxiety* “Dr. Berndt’s conversational and accessible style of writing makes *Overcoming Anxiety* a book you want for your top shelf.” -Charles Kaiser Professor Emeritus of Psychology College of Charleston

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