

Overcoming Worry - , Kevin Meares

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Up to 44 in every 1000 adults suffer from a condition known as Generalised Anxiety Disorder. This is much more than the normal worrying we all do - it can be a debilitating disorder leading to significant personal and social problems and sometimes financial loss. Using established and proven CBT techniques, expert clinicians Kevin Meares and Mark Freeston help readers to understand that it is their propensity to worry, not the multitude of problems they worry about, that is the root of the problem. The user-friendly, step-by-step approach explains why they worry, how to recognise what feeds it and develop effective methods of dealing with it. Author: Freeston, Mark Author: Meares, Kevin Publisher: Robinson Illustration: N Language: ENG Title: Overcoming Worry Pages: 00300 (Encrypted EPUB) On Sale: 2012-11-01 SKU-13/ISBN: 9781472105820 Category: Self-Help : Stress Management

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