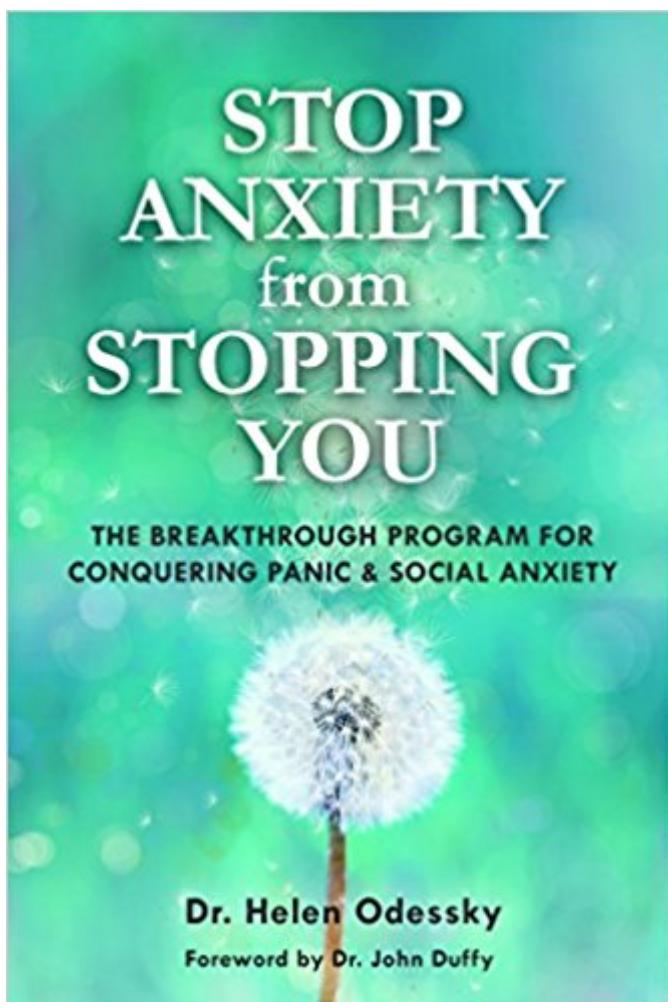


The book was found

Stop Anxiety From Stopping You: The Breakthrough Program For Conquering Panic And Social Anxiety



Synopsis

#1 New Release on !Learn how to stop anxiety from stopping youBreakthrough Program â” How to Stop Anxiety and How to Stop Panic Attacks: Our pace of life has increased exponentially in the last few decades. We are often too busy or preoccupied to attend to our emotions until they hit with the strength of a tornado. When signs of anxiety and panic appear, they ravage our lives, our dreams and our spirit. Stop Anxiety from Stopping You: The Breakthrough Program For Conquering Panic and Social Anxiety answers the questions: What are the signs of anxiety? What is a panic attack? What is social anxiety? What is anxiety disorder? How to overcome anxiety and how to stop a panic attack: It is now possible to stop anxiety from stopping us in our tracks. In her book, Dr. Odessky helps you understand the process of anxiety, and how to arm yourself with strategies that work. Dr. Odessky draws on her fifteen years of clinical experience to guide you through the process of not only learning how to overcome anxiety, but also how to enrich your life. Stop Anxiety from Stopping You: The Breakthrough Program For Conquering Panic and Social Anxiety will show you how to stop anxiety and how to stop panic attacks in an easy to implement six-step framework. You will learn about: Signs of anxiety How to overcome anxiety How to stop panic attacks How to treat anxiety Dr. Odessky gives you the tools for learning how to overcome anxiety: Dr. Odessky draws on her experience and knowledge to develop a system that gives you the tools to learn how to overcome anxiety and how to stop panic attacks. She creates a sense of optimism and passion. Stop Anxiety from Stopping You: The Breakthrough Program For Conquering Panic and Social Anxiety is a compelling and optimistic guide to move you from a position of difficulty to hope.

Book Information

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Customer Reviews

"When you're anxious, all you can see is your anxiety. It feels urgent, serious and overwhelming. You wonder if you'll always feel this way. You wonder, Why me? Why now? Why won't it stop? You feel frustrated and hopeless -like there's nothing you can do. Thankfully, there is. There are many strategies to help manage and minimize anxiety... excellent ideas from the new book Stop Anxiety from Stopping You: The Breakthrough Program for Conquering Panic and Social Anxiety. It's written by Helen Odessky, Psy.D, a clinical psychologist who specializes in anxiety and also struggled with it herself." -PsychCentral

Dr. Odessky has made it her life's work to alleviate the anxiety her clients and others suffer. She is tireless in this effort, and I sincerely honor this result of her work. Her knowledge, self-assuredness, and good humor will provide you immediate comfort and relief. Helen has been working for years to develop and perfect her UNLOCK program, and it works. She has come up with something revolutionary here I have never seen before: not in graduate school, not in treatment, and not in decades of reading and researching anxiety. Read this book, and you will find everything you need to beat anxiety once and for all. It's not a trick, or a quickie one-off. Instead, it is a comprehensive, easy-to-apply system for anxiety eradication. Keep this book close. Take your time and work through it. Trust Helen to guide you through."I just had the pleasure of reading Dr. Helen Odessky's new book, "Stop Anxiety from Stopping You" and the short answer is that I give it a double thumbs up. As an anxiety treatment specialist, I am always looking for tools and techniques to move my clients compassionately and effectively through panic and other forms of anxiety. This book offers practical, evidence based exercises to assist anxiety sufferers in freeing themselves from the devastating symptoms of untreated anxiety. I recommend this book to anyone looking for actionable steps that they can take to teach anxiety to back off and quiet down. " -Debra Kissen, Ph.D., M.H.S.A., Clinical Director Light on Anxiety Treatment Center; Author, "The Panic Workbook for Teens"

This is a great book! Even if you don't think you don't suffer from anxiety it gives great coping skills for multiple life situations. The best was helping to get rid of the "guilt" factor. I applaud the author for making this information so understandable and relatable to so many life experiences.I hope there are more publications to come!

Great read. Dr Odessky provides all the tools you need to deal with anxiety. Will be tremendous help to me, and I will implement her program to overcome anxiety.

Good, but doesn't take the place of a Therapist.

An incredibly helpful book. I really enjoyed Reading this book and learned a lot from it.

As someone who has personally experienced the strong and painful grips of anxiety and panic, and helps others to better understand and overcome their anxiety in therapy, this book will be an invaluable tool. The author does an excellent job of defining anxiety and panic attacks as well as helping the reader to understand what is a "normal" response to stress and fear, and what is more problematic. I was extremely impressed with how clearly she offered techniques to deal with panic attacks, and found myself offering new perspectives to my clients immediately after reading the book. Dr. Odeskky clearly understands what it is like to deal with anxiety and panic and has utilized her high level of experience to develop a new way to tackle something that can sometimes make you feel helpless. Describing the actual physiology of a panic attack in the body also helps to take the mystery out of the experience and turn it into something that feels manageable and rather common. The author also dissects our thoughts to reveal ways in which our own distorted thinking contributes to the development and continuation of anxiety and panic reactions in our body. She offers new ways of looking at the situations that most strongly impact us. I was very happy to see that she also offered her readers a better understanding of what Social Anxiety is, and how to combat the distorted thoughts that contribute to this sometimes crippling type of anxiety. Not only does she clearly define Social Anxiety, but she helps you to feel understood and hopeful that you can overcome something that can feel so limiting and powerful. I'm excited to utilize her U.N.L.O.C.K system to help empower my clients to move throw their panic and social anxiety in order to live more fulfilling and happy lives. The concepts and techniques in this book are clearly defined and easy to understand, making it possible to read and use without the help of a mental health professional, if that is what the reader chooses to do. In addition, a holistic model is offered, in which the reader can consider other factors that can be effecting their anxiety, such as sleep, diet, perfectionism, and procrastination. This book is practical, easy to read, and clearly organized to keep you on track with your recovery from anxiety, panic, and specifically Social Anxiety.

Really love this book! Right from the first pages you can feel Dr Helen Odessky is an expert on the subject. She knows exactly what you going through and how you feel. The book is coherent and easy to read. I feel that U.N.L.O.C.K system Dr Helen Odessky is talking about in her book is very practical and doable, helps you understand what you going through when you feel anxious or in panic and what to do to overcome it. In the last part of the book, Dr Odessky also discusses lifelong plan to manage your own anxiety and making of those better habits and skills to stick and keep working for you. I'll be reading and rereading and practicing! Great book!

I do worry, sometimes quite a bit. " when life gets overwhelming it can feel like I have a diluted version of anxiety, although nothing debilitating or preventing me from living my daily life. I mention that only because despite not being the target audience for *Stop Anxiety From Stopping You*, I was still able to glean helpful tips for those times when life gets rough. Dr. Odessky's book is clear, concise, and authoritative while still maintaining a warm, inviting tone. In describing anxiety and its various forms, Dr. Odessky makes clear and less-frightening the definition of anxiety " what it is, and perhaps more importantly, what it is not. She makes very clear from the outset the physical, psychological, and cognitive elements of a panic and social anxiety, then lays out quite clearly some immediate and then long-term steps to take to learn to live with anxiety. Some of her statements are bold, and even she admits her advice sometimes flies in the face of conventional wisdom (e.g., Dr. Odessky does not recommend "staying busy" as a strategy to deal with anxiety, especially if it is just used as a distraction). She also is quite up-front about anxiety being a part of someone's life (albeit sporadically for some) that must be lived alongside, rather than something that should be considered a thing to be evicted permanently. Dr. Odessky's strategies and explanations combine solid research with an understanding, approachable, conversational style. It reads as though a good friend who happens to have done years of research on this topic is guiding the reader to a stronger, happier place. She encourages self-reflection and positive self-talk, as well as physical and emotionally healthy choices working in concert to manage anxiety. Some of the strategies might make a reader have to face some uncomfortable truths about themselves or their anxieties, but Dr. Odessky promises that the unease is worth it. Practical and positive, *Stop Anxiety from Stopping You* is a quick helpful read good for everyone. Disclosure: I received a free copy of this book in return for an honest review.

This is a great book for anyone who wants to understand more about anxiety and learn effective techniques for reducing anxiety. Dr Odessky is a leader and expert in her field. I recommend her

book to many of my therapy clients suffering from anxiety.

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