



# Anxiety Rescue: Simple Strategies to Stop Fear from Ruling Your Life

By Kathryn Tristan

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## Anxiety Rescue: Simple Strategies to Stop Fear from Ruling Your Life By Kathryn Tristan

The perfect self-help book for overcoming anxiety and fear using quick, effective, and easy mind-body-spirit approaches that really work. Anxiety Rescue recounts the author/scientist's own inspiring journey to overcome anxiety and agoraphobia. It offers a clear guide with numerous strategies. Creative solutions focus on disconnecting fear from inside out and demonstrate how our lives respond to our beliefs. Fear buster techniques show simple ways to eliminate inner trash talk and negative thinking, create outlook makeovers that slash stress and worry, and develop mental tools to create calm during chaos. Book features many endorsements by best-selling authors and expert psychotherapists.

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The perfect self-help book for overcoming anxiety and fear using quick, effective, and easy mind-body-spirit approaches that really work. Anxiety Rescue recounts the author/scientist's own inspiring journey to overcome anxiety and agoraphobia. It offers a clear guide with numerous strategies. Creative solutions focus on disconnecting fear from inside out and demonstrate how our lives respond to our beliefs. Fear buster techniques show simple ways to eliminate inner trash talk and negative thinking, create outlook makeovers that slash stress and worry, and develop mental tools to create calm during chaos. Book features many endorsements by best-selling authors and expert psychotherapists.

## **Anxiety Rescue: Simple Strategies to Stop Fear from Ruling Your Life** By Kathryn Tristan **Bibliography**

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### **Editorial Review**

#### **About the Author**

For many years Kathryn Tristan lived a life riddled with worry, anxiety, and panic. But she found a way to recover permanently by doing things differently and working from the inside out. She has committed to sharing her simple but powerful strategies to help others help themselves. Kathryn Tristan is a research scientist on the faculty of Washington University School of Medicine. She has written or coauthored more than 120 articles in leading health publications. She has also spoken and made presentations at international conferences. Her many freelance articles have appeared in publications as diverse as PARADE Magazine and Genetic Engineering News. She is a member of the Anxiety Disorders Association of America and the American Association for the Advancement of Science. She lives in a city called the Gateway to the West, St. Louis, Missouri

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