



# Overcoming Anxiety For Dummies

By Charles H. Elliott, Laura L. Smith

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## Overcoming Anxiety For Dummies By Charles H. Elliott, Laura L. Smith

Discover new medications for easing symptoms

Fight anxiety and win the war against your worries!

Think you worry too much? You're not alone - over 25 million Americans suffer from some form of anxiety. Help is here in this friendly guide, which offers sound advice on identifying anxiety triggers through taking self-tests, improving your eating habits, relaxing, and finding support for you and your loved ones.

Praise for Overcoming Anxiety For Dummies

"In Overcoming Anxiety For Dummies, Elliot and Smith have provided a timely and informative description of the reasons why people become anxious and what they can do about it."

- Steven D. Hollon, PhD. Professor of Psychology,  
Vanderbilt University, Nashville, Tennessee

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About the Author

Charles H. Elliott, PhD, and Laura L. Smith, PhD, are both clinical psychologists specializing in the treatment of anxiety and mood disorders.

### **Users Review**

**From reader reviews:**

**Ashley Paul:**

Overcoming Anxiety For Dummies can be one of your nice books that are good idea. All of us recommend that straight away because this book has good vocabulary that will increase your knowledge in terminology, easy to understand, bit entertaining but nonetheless delivering the information. The article author giving his/her effort to set every word into joy arrangement in writing Overcoming Anxiety For Dummies nevertheless doesn't forget the main point, giving the reader the hottest along with based confirm resource details that maybe you can be certainly one of it. This great information can drawn you into completely new stage of crucial considering.

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