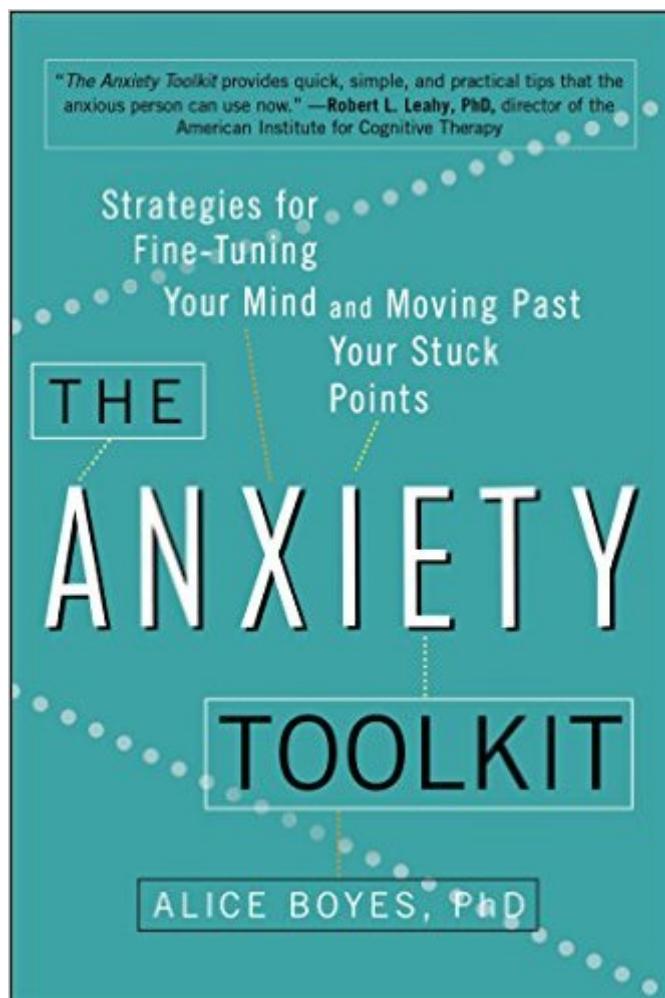


The book was found

The Anxiety Toolkit: Strategies For Fine-Tuning Your Mind And Moving Past Your Stuck Points



You won't be disappointed.

This is the best hands on Anxiety book I've found yet. The author has included practical exercises which help reduce anxiety. I recommend it to anyone suffering from anxiety. (That's most of us today.)

If you tend to be a worrier, a perfectionist and are self-critical, this book is for you! Dr. Boyes shares her own experience of being "anxiety-prone" so she knows what's it's like to get stuck in your thoughts. She also brings her years of clinical and research experience to show you how to get unstuck. She shows you how to work with your personality, not fight it. Her writing is down-to-earth and easy to read. There are so many practical tips and strategies, you can dip in and out of the book and find exactly what you need.

I was out of my mind with anxiety and panic attacks when I found this book. I'm bipolar and had gotten so screwed-up with medication changes that I became majorly depressed. Along with depression I started having SERIOUS panic attacks. I was wishing to die. My psychiatrist told me, that medication can help but I was going to need to do my part in changing my mindset. I started searching the Internet and found this book. I think this book did more for me than any drugs could have. My mind kept telling me lies and they were complete reality as far as I was concerned. I thought I had to gain control of my mind or I would need to go on disability. Seriously!

I haven't bought the book I found it at the library. I suffer from severe anxiety and panic attacks, accompanied with agoraphobia. This book has so many tips and it's helping me understand that I'm not "crazy" I would recommend this to anyone with anxiety or panic disorders!

The Anxiety Toolkit is one of the most practically useful books on the subject of Anxiety to come out in a very long time. Dr. Boyes is able to provide easy-to-apply strategies that anyone can use to realistically improve wherever anxiety effects us. Her unique approach allows the reader to choose how/when they want to evolve, while descriptions of her own personal experience with anxiety provide additional proof that she has lived what she is teaching. As a Psychotherapist I STRONGLY recommend this uniquely useful resource.

I really enjoyed reading this it was full of useful tips. They have been starting to pop into my head on

occasion and I think that was her goal from the start. Also, it should have been a quick read but I ended up going back and taking notes so it read kinda also. Also wish there was an audio version.

I'm an HR person who purchased this book to help me and our team of busy staff with the day to day anxieties of life. The layout is easy to use and tips real, sensible and easy to grasp. Even if you only used a few of them, there is information in here that if applied can significantly change people's lives. I very rarely write a review on and do read a lot of books. Would be amazing if educational institutions caught on to the value of this type of learning for kids at an early age. Buy this book and you won't be disappointed.

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The Anxiety Toolkit: Strategies for Fine-Tuning Your Mind and Moving Past Your Stuck Points
Performance Anxiety Cure: How To Overcome Performance Anxiety And Stage Fright In All Aspects Of Life Forever (anxiety recovery, panic attacks, anxiety management, anxiety attacks) Anxiety: Anxiety Cure Secrets: 10 Proven Ways To Reduce Anxiety & Stress Rapidly (BONUS- 30minute Anxiety Coaching Session- Anxiety Cure, Become Free, 10 simple ways) Weight Watchers: Weight Watchers Cookbook-> Watchers Cookbook- Weight Watchers 2016 Weight Watchers Cookbook - Points Plus - Points Plus-Weight ... Points Plus, Weight Watchers 2016) (Volume 1) Help It's Stuck! 1: Earning a Passing Grade ... The HARD Way! (The Help It's Stuck! Series) Separation Anxiety: A Parent's Guide for Dealing with a Child's Separation Anxiety ~ (Separation Anxiety Disorder | Separation Anxiety in Children or Toddlers) Anxiety: 15 Ways To Boost Your Confidence When Feeling Anxious: How To Build Your Confidence To Escape Anxiety (BONUS- 1hour Life Coaching Session. Overcome Anxiety Today) Microsoft Log Parser Toolkit: A Complete Toolkit for Microsoft's Undocumented Log Analysis Tool Social Anxiety: Ultimate Guide to Overcoming Fear, Shyness, and Social Phobia to Achieve Success in All Social Situations (BONUS, Anxiety Relief, Social Anxiety Treatment) Anxiety Disorders: The REAL Truth, Causes and Cures. Panic Disorder, Obsessive Compulsive Disorder (OCD), Generalized Anxiety Disorder (GAD), Post-Traumatic Stress Disorder (PTSD), Social Anxiety Weight Watchers: The Smart Points Cookbook GuideÂ© with over 65+ Approved Slow Cooker Recipes (Start The Points Plus Meal Plan) Weight Watchers: The Smart Points Cookbook GuideÂ© with over 320+ Approved Recipes & 1 FULL Month Meal Plan For Rapid Weight Loss (1 YEAR of Recipes, Start the Easy Points Plus Diet) Weight Watchers: Top Slow Cooker Recipes: The Smart Points Cookbook GuideÂ© with over 65+ Approved Slow Cooker Recipes (Start The Points Plus Meal Plan) Weight Watchers: 3 in 1 Box Set - The Smart Points Cookbook GuideÂ© with over 480+ Approved Recipes (Start The Points Plus Meal Plan,

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