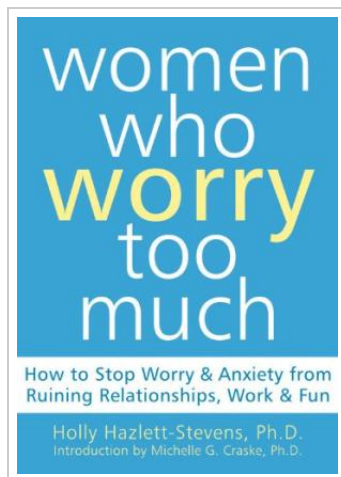




Women Who Worry Too Much: How to Stop Worry Anxiety from Ruining Relationships, Work, Fun

By Michelle G. Craske Phd

New Harbinger Publications. Paperback. Condition: New. 184 pages. Dimensions: 7.4in. x 5.2in. x 0.5in. Women are more likely than men to develop anxiety disorders, a fact which researchers have attributed to a range of biological, psychological, and cultural factors. This predisposition inclines women to worry more than men about things like social problems, work, finances-even about worry itself, a phenomenon psychologists call meta-worry. The goal of this book is to help readers control excessive worry by learning to perceive threats more accurately and to stop focusing on things that are unlikely to happen. Following an introduction by noted psychologist Michelle Craske that explores the reasons women worry more than men, the book addresses the fundamentals of worry: what it is, how it differs from anxiety, and how it can develop into a chronic state of mind. The book offers strategies for overcoming worry that include monitoring personal worry triggers, breaking worry-provoking habits, and avoiding avoidance-a major aggravating factor for all anxiety disorders. From it, you'll learn to use mindfulness techniques to avoid ruminating on the past or the future and how to use progressive relaxation to cope with worrisome situations. This item ships from multiple locations. Your book may arrive from...



READ ONLINE
[7.98 MB]

Reviews

It becomes an amazing book which i actually have at any time study. It is actually loaded with wisdom and knowledge You wont sense monotony at at any time of your respective time (that's what catalogues are for regarding should you request me).

-- **Rosina Schowalter V**

This book will never be easy to start on reading but quite exciting to see. It is actually rally intriguing throgh looking at period of time. Your daily life span will be convert once you total looking over this book.

-- **Torrance Vandervort**