



# Overcoming Anxiety For Dummies

*Charles H. Elliott , Laura L. Smith*

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**Overcoming Anxiety For Dummies** 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

## Overcoming Anxiety For Dummies Details

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## From Reader Review Overcoming Anxiety For Dummies for online ebook

### Amira says

This book is very informative. It helps you to recognize, accept and limit your anxiety. Many useful tips and relaxation techniques are included.

If you are a perfectionist, you will find many areas in the book addressing what you feel and encounter in your everyday life.

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### Styler Ribarovic says

Good starter book on controlling anxiety.

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### Aimee says

I found this for a dollar at a library book sale, so obviously...as someone on a never-ending journey to reign in my anxiety...I had to buy it. And man, did I take that dollar far. This book is great.

Because this is a "For Dummies" book, I didn't expect to read about anything I didn't already know. And yah, the section explaining what anxiety disorders are, and where they might come from, and the differences between GAD and OCD and whatnot was nothing new to me. But after all of that, the book is split up into three sections to help you manage your anxiety: the logical approach, the "do something" approach, and the emotional approach. I didn't feel like I had a strong preference for one method over the other, so I just read all three chapters in the order I listed them. The book advises you to start with whatever you think will help you the most. All three sections have a bunch of practical exercises, from meditation techniques, to advice about exercising and getting better sleep, to charts and tables that you can make to track making you anxious and then use to transform your worries into constructive thoughts and actions. I've only done a few of the exercises so far, and they've all helped me to some extent.

This was published in 2002, but it was only noticeable because there's a section on overcoming anxiety caused by 9/11. (Which honestly is still relevant to me, almost 15 years later. My dad survived the Pentagon attack. I was 8, and understood both a lot and nothing at all about the whole ordeal.) Some of the information on medication might be outdated, but I don't know enough about pharmacology to know for sure. Obviously, ask a doctor before you take anything.

Reading this book has made me realize that I haven't done nearly enough work on my anxiety symptoms. I'm no longer in denial about it, for sure. And I have a few simple tricks that I turn to when I'm worrying or panicking... but I thought that I knew every coping mechanism in the world after 2.5 years of research, and that simply wasn't the case. Remember if you have a mental illness (or any illness), you should always be open-minded to new ways of making yourself feel better.

Conclusion: add this to your non-fiction collection, anxious friends! It'll be most usual if you have Generalized Anxiety Disorder or crippling phobias. (I agree with other reviewers that this isn't the best resource for OCD or PTSD. I actually wouldn't be surprised if there are other "For Dummies" books that

focus specifically on those conditions.)

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### **Kikou Hsieh says**

The book provides a good overview on the anxiety problems and symptoms, as a beginner's guide, it's pretty decent, but as a self-help book, it's not particularly helpful, still, it's not a terrible book.

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### **Elena says**

I got to buy it because I tend to be a little anxious at times... Work-related stress, I suppose. This is a very useful and interesting self-help book, which covers common problems like General Anxiety, Obsessive-Compulsive Disorders, Phobias etc with references to Cognitive-Behavioural Psychology which is widely accepted as the best 'therapy' for similar problems. The chapters about sleep, physical activity and relaxation could have been less obvious anyway.

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### **Tammy says**

This book was boring and I didn't feel like it helped me overcome anything!

After reading this, it looks like I can blame my parents for some of my anxiety. It listed 3 parenting styles that foster anxiety in children: over-protectors, over-controllers, and inconsistent responders (my parents are the first two). Over-protector parents shield their child from things and when their child gets upset, the over-protector parent fixes the problem. The child then fails to find out how to tolerate fear, anxiety, and/or frustration. Yep, that would be me. Over-controller parents tend to micro-manage their child's activities and discourage independence.

There was a section that listed questions to ask yourself when you are having an anxious thought. I'll try to remember that. Throughout the book there are other things they tell you to do but I guess I'm not anxious enough to want to do them.

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### **Shay Long says**

I think that for its intended purpose, this book serves its readers well. I was looking for a how-to for dealing with trauma/anxiety that is a little less phobia, and a little more PTSD. The book was easy to read, and pointed me easily from section to section depending on my needs, which I appreciated. It is also less historical and more practical which was nice. I think that this could be a very good self-help book for someone with a phobia of spiders or heights, or something relatively common (but stress inducing).

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### **Alexis says**

An excellent primer. Highly recommended.

## **Meg says**

I deal with anxiety and severe depression in my life, and anxiety has been something that I've had a hard time managing. I picked this up right after the first of the year in a bookstore and got engrossed in it immediately. It really spoke to a lot of the problems I'd been dealing with when it came to anxiety.

While I wouldn't substitute this book for actual professional help, it is a good additional resource even for people who are already in therapy. They give good examples of different types of anxiety and how to manage it. A lot of the work in the book is about being mindful and identifying what mental processes are involved in being anxious. For instance, "worry words", which are words that people use that come from and cause their anxiety when they, for instance, get into extreme thinking and are anxious because they think something will be terrible, catastrophic, or they'll absolutely hate it rather than being more reasonable about the outcome of whatever they're anxious about.

All in all, worth picking up and reading. Not a substitute for a professional and they discuss when you know you NEED to go see someone in the book, but it's a good supplementary tool.

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## **Stephanie Snyder says**

it was ok,

a good read and a good addition to everyone's personal bookshelf.

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## **Melissa says**

informative. its been very useful in planning and sharing info in my groups and individuals.

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