



Taking Control of Anxiety: Small Steps for Getting the Best of Worry, Stress, and Fear (APA Lifetools: Books for the General Public)

Bret A. Moore

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Anxiety is the most common mental disorder in the United States, with an estimated 40 million adult sufferers. The anti-anxiety drug Xanax is the nation's most-prescribed drug. But drugging anxious Americans is not a solution to the problem of anxiety. Taking Control of Anxiety shows that there are many other proven ways to treat anxiety. This is a self-help book in the best sense of the term conversational in tone, supportive, and filled with simple tips and suggestions that can help people reduce their own anxieties.

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