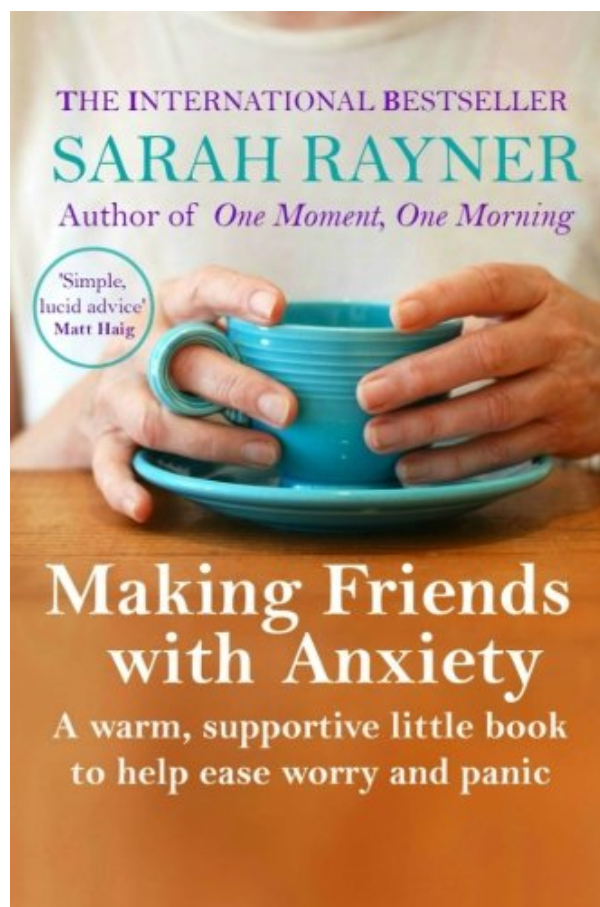
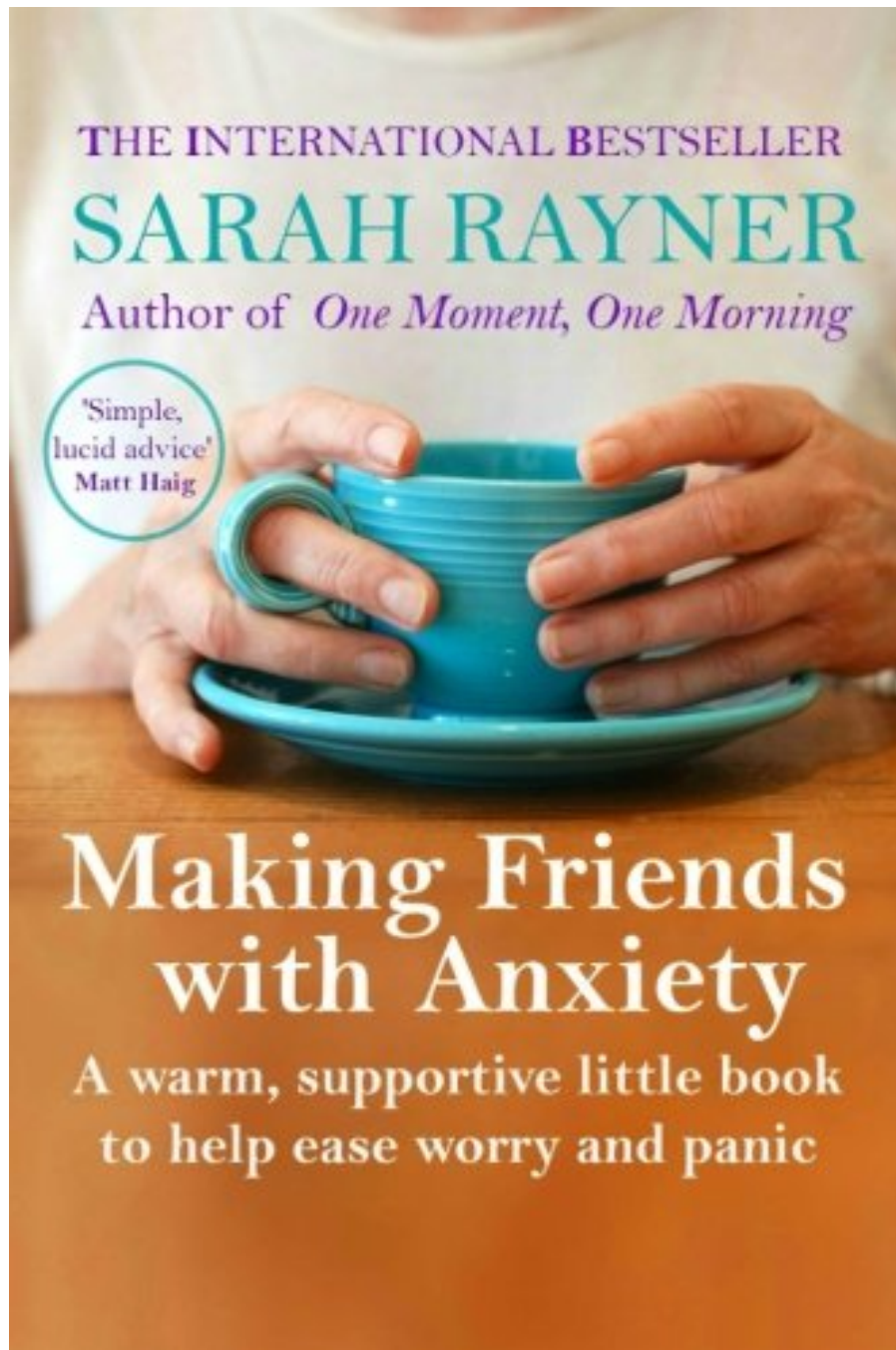


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WARM, SUPPORTIVE LITTLE BOOK TO
EASE WORRY AND PANIC - 2016 EDITION
BY SARAH RAYNER**



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About the Author

'Simple, lucid advice on how to accept your anxiety' Matt Haig, bestselling author of Reasons to Stay Alive.

A warm and supportive little book to help ease worry and panic - new edition for 2016.

Drawing on her own experience of anxiety disorder and recovery, Sarah Rayner shares her insights into this extremely common and often distressing condition with compassion and humour. She reveals the seven elements that commonly contribute to anxiety including adrenaline, negative thinking and fear of the future, and explains what causes worry and panic to become such a problem for many of us. Illustrated by examples and photographs from the author's own life and backed by an online support group, since its launch in 2014 this companion to mental good health has helped thousands of sufferers across the world. Now it's been updated for 2016 to include more insights from the author, and dozens of bite-size suggestions from readers and group members who share what's worked for them.

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- * Draws on the techniques of Mindfulness-based Cognitive Therapy
- * Useful links throughout, plus details of helplines and recommended reads
- * Ongoing online support group available

'Simple, lucid advice on how to accept your anxiety' Matt Haig, bestselling author of Reasons to Stay Alive.

'Reads like chatting with an old friend; one with wit, wisdom and experience' Laura Lockington, Brighton and Hove Independent

'This is a great book: readable, practical and, most importantly, compassionate. Sarah Rayner gives a clear explanation of the common symptoms of anxiety and panic that affect so many lives. She then goes on to give sound advice as to how to cope with these ongoing feelings. This entails a series of strategies that encourage understanding of the anxiety rather than its suppression, aiming to give control of these complex emotions back to the patient. It's impressive that she admits to her own anxiety issues, and without embarrassment shows how they have affected her life, how she has sought help over the years, and how she continues to deal with them. The fact she has written this book shows how well she has embraced her demons, able to get on with her own creative life. I will be recommending this book to my patients.' Dr P Fitzgerald, GP

'Sarah's advice is very sage: if one is prone to anxiety, as many of us are, it is futile to expect to be totally rid of it forever. It will come back, but it is possible to tame it. She encourages the reader to be kinder to themselves, live in the moment, and accept their anxiety as an occasionally troublesome, yet integral part of their own being. Deeply personal yet eminently practical, this accessible and engaging e-book should prove

extremely helpful to anyone trying to cope with anxiety.' Dr Ian Williams, GP and author

PRAISE FOR SARAH RAYNER:

'Carefully crafted and empathetic' Sunday Times

'Brilliant... Warm and approachable' Essentials

'A sympathetic insight into the causes and effects of mental ill-health' My Weekly

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- Dimensions: 9.00" h x .33" w x 6.00" l, .45 pounds
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- 132 pages

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By cfs

Very helpful book... Everyone should own a copy...

The authors use of self enabled me to really engage in the content.

I look forward to reading more of her publications.

3 of 3 people found the following review helpful.

It is helpful & comforting to finally read a book ...

By Debbie

It is helpful & comforting to finally read a book on anxiety written by someone that suffers from anxiety. Its a book you can reread & learn more every time.

1 of 1 people found the following review helpful.

An extraordinary book - should be in every doctor's office and in ever home next to the first aid kit

By Bridget Whelan

This is not a self-help guide where you are told what you should be doing, although it is a guide and it will offer positive help. It is an insightful and emotionally intelligent companion, the friend you need by your side when you're feeling bad, the friend who says 'we' more often than she she says 'you'...

Sarah Rayner is a bestselling novelist and uses her talent here to make real connections with fellow anxiety sufferers. She's very open and honest about her own experiences, including photos from her own life to illustrate a point but this isn't a memoir and she isn't trying to put herself centre stage. But it is a real person talking about real problems. I liked this book so much because it is genuinely warm and generous and useful. I didn't expect to come away feeling so positive but I did.

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