



## **Anxiety Free**

*Robert L. Leahy*

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## **Anxiety Free** Robert L. Leahy

In his new book, Robert L. Leahy, Ph.D., author of the best-selling book *The Worry Cure*, turns his attention to anxiety. Leahy looks at the origin of anxiety and teaches you how to outsmart your fears for a less stressful life. He lays out the symptoms associated with some of the most common anxiety disorders, including panic and agoraphobia, obsessive-compulsive, generalized anxiety, social anxiety, and post-traumatic stress and provides simple, step-by-step guides to help you overcome the fears associated with each of these. *Anxiety Free* explores how preprogrammed rules of reaction, which are a product of the evolutionary process, keep us in the grip of anxiety. For each anxiety disorder, Leahy shows how our fears and unchallenged assumptions stand in the way of our freedom. Using Leahy's methods, which are based on the best psychological treatments available, you will be able to work toward a life free from the apprehension, tension, and avoidance associated with anxiety.

## **Anxiety Free Details**

Date : Published April 15th 2009 by Hay House (first published 2009)

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Author : Robert L. Leahy

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## From Reader Review Anxiety Free for online ebook

### **Giuliana E. says**

Not bad, but definitely not the best self-help book I've come across. The information was very redundant and there was more focus on the different types of anxiety rather than most of the focus being on how to overcome it. Furthermore, the tactics were so cookie cutter and same ol same ol. There wasn't a whole lot that was refreshing and new that I could walk away with.

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### **Ali Haidar says**

don't like this old fashioned thinking of overcoming anxiety. just smash through and hope somehow u get over it. we been doing that for decades and nothing changes . found that a paradigm shift in the way you view anxiety is more conductive than just biting your lip and going through entire days at a time of just feeling like shit until u collapse from exhaustion and just relapse

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### **Floyd Huynh says**

very informative book to learn many different anxieties.

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### **Joyce says**

This is not just another cognitive behavior therapy book, that you'll notice from the beginning. When I bought this book, I thought that I needed to learn how to get rid of my anxiety. No method I had tried before worked and as I got older the more anxious I became. I learned from this book that one must live with anxiety because anxiety is just thoughts and one must come to a point where those thoughts no longer have power over you. The more you try to get rid of the thoughts, the more anxious you become. I realized that was my problem. So far I've tried some of the techniques in the book and they seem to work for me. The big test will be when I fly down to my inlaws' place for the holidays. My fear of flying is probably my most severe anxiety. Until then I'll continue to practice the techniques. Because of the lack of readability of the tables and worksheets, I would not recommend reading this on a Kindle.

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### **Mesha says**

I like that this addresses that anxiety is innate. It's just part of the way we process situations. I think some of us over process and begin to create scenarios based on the minimal information we may have. The unknown is scary for a lot of people, and I think this book encourages us to refocus our energy.

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### **Tess Mertens-Johnson says**

This book touched on many aspects of anxiety, but mainly PTSD. It discussed real life case studies of individual because of either their home life or because of a trauma we riddles with anxiety and had issues with socialization, chemical dependency and sexual promiscuity. This had many signs I have seen in people around me and some in myself. A good book to have someone step back and take a look at their life and make changes for the better

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### **Ala says**

The book provides a very good overview of the different anxiety disorders. I don't think that the book provided a solid treatment plan for any of them though.

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### **Alana says**

This book was fantastic. It described, in detail, the motions of a body experiencing anxiety in beginner's language.

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### **Marie says**

Very informative.

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