



The Anxiety Cure

Archibald D. Hart

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Panic Anxiety is the number one mental health problem for women and second only to drug abuse among men. Synthetic tranquilizers can alleviate the symptoms of anxiety illnesses. However, in order to achieve lasting emotional tranquility, a significant lifestyle change must be made. *The Anxiety Cure* provides proven, natural strategies for overcoming panic disorder and finding an emotional balance in today's fast-paced world.

The Anxiety Cure Details

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From Reader Review The Anxiety Cure for online ebook

Mario Russo says

Good book related to anxiety, it could be much better if the author didn't keep pushing and pushing towards Christianity. It bugged me specially the part where it comes to "Christianism meditation"

"For the Christian, meditation takes on a very special meaning. It is not the same as yoga or Zen Buddhism, and it should never be reduced to just this level of experience."

Really, Dr. Hart?

Terry Cave says

I enjoyed this book. I found it very helpful.

It is probably a little out of date now, but the underlying information will not have changed.

A must read for anyone suffering from Depression or Anxiety.

Julie Verner says

This is a great resource for those of you who may struggle with anxiety. Upon reading this book, a reader will have a better understanding of what contributes to anxiety, how to manage anxiety, and when to seek professional help. He writes from a Christian perspective.

Julia says

I read this book in graduate school, and I still refer to this often, and also refer this to friends who are having symptoms of anxiety and depression. The author demistifies the negative stigma of antidepressant's and helps to explain exactly what they do as SSRI's. It also explains which drugs are addictive and when drugs should be used for long term and short term use. However, it's not just about drugs. Not everyone needs drugs. Sometimes, just reducing caffeine or getting more sleep can improve symptoms.

J says

The author did a good job of giving an overview of medications helpful to deal with the symptoms of anxiety, but was less convincing in other areas. The author addressed panic attacks and disorders, depression, general anxiety and social anxiety and fears.

Keri says

By the same author as Sleep: It Does the Body Good, this book was tremendously helpful in explaining the physiology behind anxiety. I've struggled with anxiety for as long as I can remember, but I never knew what chemical and physiological forces were behind it. By gaining this understanding, I was able to make some changes in my habits and start making different choices in my life that have led to an overall decreased level of anxiety, as well as better sleep. Again, I highly recommend this book as I highly recommended the author's book on sleep.

Trina (Between Chapters) says

I do have anxiety and suspect I've had one or two panic attacks before. A friend who went through an extreme trauma was given this book by her counselor and she in turn recommended it to me and another friend. Both of my friends rated this book highly and got useful information from it, so I'm not saying this is a bad book. I just personally didn't gain much from it. A boring read without much payoff.

Why I didn't like it:

Non-fiction. I'm not a big reader of non-fiction, but usually I enjoy the NF books I do read much more than this. This very much read like a text book and covered too broad of a range and I often felt like it was just a text infomercial promoting other books by the author.

Too technical. I really did not need to know all of the information given about psychology and receptors in the brain. I appreciate that he wants people to understand what's going on, but I really wanted more information on how to reduce anxiety instead of what anxiety is and what your brain is doing. (I already studied Psych for 4 years, cut to the chase!)

Repetitive. Ohhhhh, was it repetitive. Half of the book could have easily been cut out. I bet there were about 100 pages with new information. So many times this would happen: 'Sleep affects your level of anxiety. I will touch more in depth on sleep in a later chapter, but first let me tell you everything that later chapter will say.' And then there were a few paragraphs of actually useful information valid to the current chapter.

Few solutions. Lots was said about the importance of laughter, sleep, and most of all seeing a counselor, but sadly there was only one chapter that I actually found useful. It did provide real ways that a person can begin to tackle anxiety and panic on their own. However, it is a very time intensive method that includes writing down every thought you have during the day (practically) and I know for myself, when I am at work it is not possible to stop what I am doing to write down thoughts immediately or even every hour on the hour.

The thing I liked most about this book, which is ironic because it didn't provide any actual help at all, was learning the statistics of how many people experience panic, and what the symptoms represent as. I also enjoyed learning about the different kinds of anxiety and worry, which helped me understand what I have. The book did convince me to be happy with a slower lifestyle, but that is something I already wanted.

Overall I just don't believe that I learned anything that I haven't already read or couldn't have easily found on the internet, and unfortunately the methods offered up in this book for dealing with anxiety aren't very practical for me.

Katie says

Great resource book for myself and family for the past decade. Appreciate the explanation of the design of

our minds and how we can get stuck in anxious patters and then... best of all... how to overcome!

Bethany Ames says

The book has some good medical information in it about anxiety in the first few chapters. Then it's all downhill. There's more Christianity in this book than I felt comfortable with as someone who isn't a Christian. I thought the book would be just science and it brought in a lot of faith, to the point where I was skipping large sections because it didn't pertain to me because of religion. If I was a Christian I'm sure it would be helpful, but I wish I'd known ahead of time so I could've picked something different.

Then there's the half a chapter on humor. Defining what humor is and how you can get more of it in your life (the answer is to read the Sunday comics and tell dad jokes). HALF OF A CHAPTER. This book also comes with a section on how exercise can be great for your anxiety because it helps you sleep and helps your body get rid of excess Adrenalin. But then later on tells you not to start exercising without talking to your therapist/psychiatrist/psychologist. Seems a bit counterintuitive to me TBH. Don't tell me one solution piece and then tell me "oh wait nevermind."

Overall I gained some good knowledge but had to DNF this book at 84% because it just wasn't what I was looking for.

Holly says

I have PTSD and an Anxiety disorder. I started reading this book because i'm desperate for some kind of relief. At first i was a bit put off, and still am by his heavy push for medication. I'm already on medication, but I was hoping his "cure" would include something other than tranquilizing one's self.

His other "cure" was becoming a Vegan. It seems my options are not promising. Shooting myself with a tranquilizer dart is starting to become more tempting.

I gave this 5 stars for his relaxation techniques. Anyone with an anxiety disorder knows how hard it is to relax, we have to work at it, and work hard. I was a little apprehensive when i got to the chapter where he explained how to relax yourself in a panic attack or when your having anxiety, but they were surprisingly very simple and easy to do. Best of all, it actually worked.

Kelli says

Likely useful for individuals who are struggling with anxiety. There is a good chance I may recommend this book to future clients, or assign it as homework for anxious individuals.

Kelly says

After being diagnosed with generalized anxiety disorder, I needed some place to turn for more information. I hated the internet because that only made me more anxious. A friend recommended this book, and I am so thankful she did. It has sooooo much useful information on medications, counseling and other great

relaxation techniques. The best part of the book is that it makes you feel like you are not alone and you are not going crazy.

Alison says

As someone who has been diagnosed with generalized anxiety disorder, I think this book can be very useful for an individual whose anxiety has spiraled out of control (as opposed to frequent worrying that doesn't lead to physical symptoms of panic). Most of the techniques for dealing with anxiety deal with panic attacks, and seem like they would be very helpful (I haven't had any panic attacks lately, so I couldn't test this hypothesis.) The information on medication is fine as far as it goes, but is out of date--newer antidepressants and other medication is available--so check with your doctor.

Brianna says

Definitely helpful. It got me thinking, that's for sure.

Katie says

This book was recommended to me by someone knowledgeable in the mental health field, and I found it incredibly helpful. The one thing I didn't like is the Christian perspective that the author writes from. However, if you ignore the 5% of the book that is about Christianity, there's a lot of helpful info in there. Lots of people have trouble dealing with stress, anxiety, and even panic attacks, and this is the first book I've read that not only was enlightening as to how stress and anxiety work, but also how to healthily deal with them. Very useful and practical.
