

Let go of anxiety

Slip angsten

by Irene Henriette Oestrich



In accessible language, this book describes how to prepare yourself when angst is threatening to leave you unprepared. Gaining insight into the mechanisms of anxiety and understanding how it manifests itself in the body and mind, it becomes much easier to make it work for and not against you.

Both the book and the CD are chockfull of well-documented strategies and techniques, preparing you for any given situation – from the challenges of every day life, which most of us are familiar with, to the point when anxiety grows into an illness, partially or completely paralyzing life. They teach you how to distinguish between rational and irrational fear by asking the right questions, and show you how to become resistant towards fear by focusing on happiness.



Irene Oestrich, a psychologist and professor, is among Denmark's leading experts in cognitive therapy and the author of several books. She is head of a centre for cognitive therapy and a clinician and a specialist in cognitive therapy supervision and cognitive coaching

SPECIFICATIONS

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PLEASE CONTACT

Rudi Urban Rasmussen

Literary Agent

rudi.u.rasmussen@jppol.dk

Tel. +45 20 89 31 88