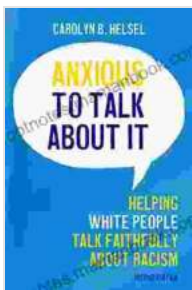


Anxious to Talk About It? A Comprehensive Guide to Second Edition

Anxiety is a common mental health condition that can affect anyone, regardless of age, gender, race, or ethnicity. It can be a debilitating condition that can interfere with daily life, work, and relationships. In the United States, anxiety disorders are the most common mental health condition, affecting over 40 million adults.



Anxious to Talk About It Second Edition: Helping White People Talk Faithfully about Racism by Carolyn B. Hessel

★★★★☆ 4.3 out of 5

Language	: English
File size	: 1426 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 193 pages



If you're struggling with anxiety, you're not alone. There are many resources available to help you manage your symptoms and live a full and happy life. One of the most helpful resources is therapy. Therapy can provide you with the tools you need to understand your anxiety, challenge negative thoughts, and develop coping mechanisms.

If you're considering therapy, you may be wondering what to expect. The second edition of "Anxious to Talk About It" provides a comprehensive

overview of the therapy process, from finding a therapist to getting the most out of your sessions.

What's New in the Second Edition?

The second edition of "Anxious to Talk About It" has been updated to include the latest research on anxiety and therapy. It also includes new chapters on:

- The role of mindfulness in therapy
- How to manage anxiety during pregnancy and postpartum
- How to talk to your doctor about anxiety

Who Should Read This Book?

"Anxious to Talk About It" is a helpful resource for anyone who is struggling with anxiety. It is also a valuable resource for family and friends of people with anxiety.

Where Can I Find This Book?

"Anxious to Talk About It" is available in bookstores and online retailers. You can also find it at your local library.

Meet the Author

Sheryl Ziegler is a licensed clinical social worker and psychotherapist with over 20 years of experience treating anxiety disorders. She is the author of several books on anxiety, including "Anxious to Talk About It" and "The Mindfulness Workbook for Anxiety." Sheryl is a passionate advocate for people with anxiety and is dedicated to helping them find relief.



Reviews

"Anxious to Talk About It" has received rave reviews from critics and readers alike. Here are a few excerpts:

“

“Sheryl Ziegler has written an essential guide for anyone struggling with anxiety. This book is full of practical advice and compassionate support. I highly recommend it.” - Susan Silk, PhD, author of "Short-Term Therapy for Long-Term Change”

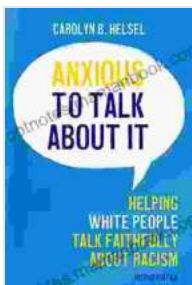
“

““Anxious to Talk About It” is a must-read for anyone who wants to understand and overcome anxiety. Sheryl Ziegler provides a clear and concise overview of the therapy process, and she offers helpful tips and techniques for managing anxiety symptoms. I highly recommend this book.” - David Carbonell, PhD, author of "Panic Attacks: The Essential Guide to Understanding and Overcoming Panic Disorder"”



““Anxious to Talk About It” is a lifeline for anyone who is struggling with anxiety. Sheryl Ziegler's compassionate and supportive approach makes this book a valuable resource for anyone who is looking for help.” - Reader review”

If you're struggling with anxiety, you don't have to suffer alone. There is help available. "Anxious to Talk About It" can provide you with the tools you need to understand your anxiety, challenge negative thoughts, and develop coping mechanisms. With the help of therapy, you can learn to manage your anxiety and live a full and happy life.



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