



Anxiety and Depression For Dummies, Pocket Edition

Laura L. Smith, Charles H. Elliott

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Worry less and feel more positive

Anxiety or depression can make it hard to get through each day and find fulfillment in life. This handy pocket guide describes these psychological disorders, helps you decide if you have a problem, and explains the latest treatments and therapies to overcome them. Whether you're suffering from anxiety or depression or caring for someone who is, you'll get the information you need to get the condition managed and move ahead with life.

Open the book and find:

- Guidance on spotting an anxiety problem
- Methods for clearing roadblocks to change
- Tips for managing anxious feelings
- Information on detecting depression
- Ways to work with a therapist

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