



# Beyond Anxiety and Phobia: A Step-by-Step Guide to Lifetime Recovery

By Edmund J. Bourne

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## Beyond Anxiety and Phobia: A Step-by-Step Guide to Lifetime Recovery By Edmund J. Bourne

Panic attacks, phobias, and other problems with anxiety have been effectively treated with cognitive behavioral therapy and medication for many years. Now even more help for these conditions is available. In *Beyond Anxiety & Phobia*, Dr. Edmund J. Bourne (author of the best-selling *Anxiety & Phobia Workbook*) offers a full spectrum of complimentary approaches that get to the heart of anxiety and phobia and go beyond standard treatments and medication.

In this book you will find guidelines and strategies that can help you to:

- Reduce anxiety by simplifying your lifestyle and environment.
- Uncover core personality traits and fears that perpetuate anxiety.
- Discover purpose in your life that helps overcome a sense of meaninglessness.
- Embrace spirituality to change both your perspective on your problem and your ability to heal it.
- Create a vision of your recovery that will attract a positive outcome.
- Use alternative methods such as herbs, diet, yoga, massage, and acupuncture for greater relaxation and ease in your life.
- Practice meditation so you can learn to witness rather than simply react to anxiety and fear.

Dr. Bourne has helped many of his clients achieve a more complete and lasting recovery in overcoming difficulties with anxiety by combining these methods with conventional treatment.

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## **Beyond Anxiety and Phobia: A Step-by-Step Guide to Lifetime Recovery** By Edmund J. Bourne **Bibliography**

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#### Review

“Finally here is a book on anxiety issues that acknowledges how our inner struggle relates to the external circumstances of our lives...With his wonderful gift for clarifying complex issues, Dr. Bourne provides a down-to-earth, easy-to-follow program to examine, simplify and make choices that enhance our lives...beyond therapy, and acknowledge what has spirit and meaning.”

—Mani Feniger, author of *Journey from Anxiety to Freedom*

“A wonderful compendium of complementary techniques and issues of importance to anxiety sufferers...goes well beyond treating symptoms of anxiety to help readers find true healing and peace of mind.”

—Denise Beckfield, Ph.D., author of *Master Your Panic and Take Back Your Life*

#### About the Author

**Edmund J. Bourne, PhD**, has specialized in the treatment of anxiety, phobias, and other stress-related disorders for over two decades. His self-help books have helped over a million people and have been translated into numerous languages. He currently resides in Florida and California.

Dr. Bourne is available to answer brief questions, as well as do hour-long phone consultations. Further information about Bourne and how to contact him is available on his website [www.helpforanxiety.com](http://www.helpforanxiety.com).

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could increase your knowledge in terminology, easy to understand, bit entertaining however delivering the information. The author giving his/her effort to get every word into satisfaction arrangement in writing Beyond Anxiety and Phobia: A Step-by-Step Guide to Lifetime Recovery nevertheless doesn't forget the main position, giving the reader the hottest as well as based confirm resource information that maybe you can be considered one of it. This great information may drawn you into fresh stage of crucial contemplating.

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