



Mind-Body Workbook for Anxiety: Effective Tools for Overcoming Panic, Fear and Worry

Stanley H. Block Peters

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If you suffer from anxiety, panic, and worry, you are by no means alone. In fact, anxiety is the most common mental health issue in the United States. But if you've tried traditional treatment without success, you may be ready for a new approach. In *Mind-Body Workbook for Anxiety*, Stanley Block, MD, and Carolyn Bryant Block present their fourth workbook utilizing the innovative and proven-effective mind-body bridging technique. Inside, you'll find easy-to-use self-help exercises that will help you to stop identifying with anxious thoughts and feelings while allowing your body to relax and let go of unconscious tension. Mind-body bridging is a proven-effective method of self-help that teaches you how to regulate strong emotions such as anxiety, anger, worry, and more. You will learn how to become aware of your anxious thoughts, experience them without pushing them away, and then use your physical senses to become more grounded and relaxed. By experiencing this simple mind-body shift, you will gain an immediate sense of relief with long-lasting results. If you are ready to finally gain control over your anxiety symptoms, this book has the potential to change your life. For more information about Stanley and Carolyn Bryant Block and the innovating technique of mind-body bridging, visit bridgingforlife.com.

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