



## The Anxiety Toolkit: Strategies for Managing Your Anxiety So You Can Get on with Your Life

By Boyes, Dr Alice

Piatkus Books. Condition: New. Drawing on extensive social psychology research, and the author's training and clinical experience in Cognitive-Behavioral therapy, this is a toolkit of actionable strategies that anyone can use to manage their symptoms of anxiety across a broad range of challenging situations, from the personal to the professional. Num Pages: 240 pages. BIC Classification: VFJP. Category: (P) Professional & Vocational; (U) Tertiary Education (US: College). Dimension: 155 x 232 x 20. Weight in Grams: 320. . 2015. Paperback. . . . Books ship from the US and Ireland.



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