



# **Attacking Anxiety & Depression: A Self-Help, Self-Awareness Program for Stress, Anxiety & Depression**

*Inc. Midwest Center for Stress and Anxiety*

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this 15 cds/the program. The 15 session topics are: 1) Anxiety & Depression: Symptoms, Causes and Common Fears ; 2) Six Steps That Will Put an End to Panic Attacks ; 3) Self Talk: The Key to Healthy Self Esteem ; 4) Expectations: How to Expect Less and Get More ; 5) Eat and Exercise to Rid Yourself of Anxiety and Depression ; 6) Stop Being Angry and Control Your Mood Swings ; 7) Assertive Behavior: Speak Confidently, Gain Respect Respect yourself enough to stand up for yourself; 8) Put an End to "What If" Thinking ; 9) Get off the Guilt and Worry Treadmill ; 10) How to Stop Obsessive, Scary Thoughts ; 11) High Anxiety: The Truth About Medication and Alcohol Pros and cons of medication; 12)The Courage to Change ; 13) Time Management: 12 Steps Toward a Balanced Life Bring order back into your life, stop running and feeling overwhelmed; 14) How to Keep Stress From Becoming Anxiety ; 15) Getting Beyond a Growth Spurt Don't let a set back discourage you... comfortable relaxing. For optimum results, the relaxation session should be used initially a minimum of twice a day.

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