



Stopping the Noise in Your Head: The New Way to Overcome Anxiety and Worry (Paperback)

By Reid Wilson

HEALTH COMMUNICATIONS, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book. If you or someone you love suffers from excessive worry, anxiety, panic, OCD, or phobias, you know how crippling it can be. Of course, worry can be an important asset when it forces our attention on problem-solving. But anxious worrying can cause us to unnecessarily focus on a threat, to retreat and avoid, and to seek reassurance and safety--which is no way to foster a life of growth and excitement. In his fifth published book, Dr. Reid Wilson proposes a groundbreaking, paradoxical approach to overcoming anxiety, worry, OCD, panic, and phobias by moving away from comfort, confidence, and security and willingly moving toward uncertainty, distress and discomfort. Through the use of unconventional strategies, readers will learn how to confront anxiety head-on and step forward into the face of threat. Drawing on a range of sources--from firefighters and fitness instructors to Sir Isaac Newton and Muhammad Ali--Stopping the Noise in Your Head demonstrates the importance of shifting our perspective and stepping toward our challenges in order to regain control of our lives.



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Reviews

A top quality ebook and the font used was fascinating to read through. It is written in easy terms and not confusing. Its been written in an remarkably easy way in fact it is simply after i finished reading through this publication through which actually altered me, alter the way i believe.

-- Roberto Block

Thorough information for publication lovers. it was actually writtern extremely properly and useful. I found out this publication from my i and dad suggested this book to learn.

-- Dr. Garnett McLaughlin II