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Technical Anxiety: The complete guide to what is anxiety and what to do about it

Chris Worfolk

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Do you want to enjoy life more while controlling your anxiety? Does it prevent you from leading a "normal" life? Do you beat yourself up for failing to achieve your goals and feel like there is nothing you can do about it? If so, *Technical Anxiety: the complete guide to what anxiety is and what to do about it* is the book for you. It helps you:

- Understand what anxiety is and how it works
- What treatment options are open to you
- Develop short-term coping strategies to get you through
- Create an "anxiety-friendly" lifestyle through diet, exercise, learning and social relationships
- Replace the self-critical version of yourself with an encouraging, more positive one

Technical Anxiety offers you honest, practical advice on every aspect of anxiety including talking to friends and family, seeking help, the benefits and downsides of drugs and therapy options, maintaining wellbeing and what problems you can expect to meet along your journey. The book's author, Chris Worfolk, is founder of the mental health charity Anxiety Leeds and head of Worfolk Anxiety Management. He brings decades of experience handling anxiety together into one book.

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