



Anxiety Disorders: An Information Guide

Neil A. Rector, Danielle Bourdeau, Kate Kitchen

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This guide explores the difference between normal anxiety and anxiety disorders, and the different ways that anxiety is expressed. It explains the causes and theories of anxiety in simple, straightforward language, and gives an overview of treatments. The guide also looks at long-term strategies to manage anxiety and prevent relapse, and suggests ways that family members can help, as well as find support for themselves.

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