



The Many Faces of Anxiety: Does Anxiety Have a Grip on Your Life?

Susan Rau Stocker

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Real-world examples abound in this resource that provides a basic context for understanding how anxiety affects people and those around them. The author shares 12 cases of various clients with whom she has worked and paints detailed, clear pictures of the many reasons people become anxious and the disguises anxiety takes in their lives. Tools and techniques for reducing anxiety are interspersed throughout each section. The dozen stories in this book are told in layman's language with a great deal of humor and compassion and will aid sufferers, families, and friends in bringing patience and awareness to the process of identifying, understanding, and healing from panic and anxiety.

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