

# the therapy room

**Many people suffer with anxiety and it can take many forms.** Caused by a life changing event, a loss, complete stress overload, or worrying patterns of thought to name just a few, anxiety can spiral and probably affects most of us at some stage in our lives.

This month Emma from Emhart Counselling recommends:

## **Overcoming Anxiety by Helen Kennerley.**

A guide explaining how to overcome problem fears and anxieties of all kinds - from panic attacks and phobias to executive "burn out" - in order to regain confidence and self control. A step-by-step self-help plan is included.

"I like this book as it has practical exercises in it for the clients to do. Cognitive behavioural therapy (CBT) is a form of psychotherapy used to treat depression, anxiety disorders and other problems such as anger, fears, procrastination as well as improve confidence and relationships. It involves recognising distorted or negative thinking and learning to replace it with more realistic, positive thoughts or beliefs.

Using cognitive behavioural therapy helps treat the day-to-day symptoms of depression and anxiety by replacing your inner voice's false messages of hopelessness or fear with more accurate ones, and more specifically, ones that are more helpful and encouraging that will lead you to feeling better."

## **Log on to:**

[www.moretonhalldirectory.blogspot.com](http://www.moretonhalldirectory.blogspot.com)  
to purchase your copy of **Overcoming Anxiety.**

## **Close couples talk all the time!**



## **Emhart Counselling**

### **Specialising in:**

- ◆ Relationship issues ◆ Anger & Anxiety
- ◆ OCD ◆ Depression ◆ Low Self Confidence

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