



Brain Based Therapy for Anxiety: Workbook for Clinicians & Clients

John B. Arden PhD

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The Brain Based Therapy for Anxiety Workbook for Clinicians and Clients is a practical workbook that provides the reader with a clear understanding of the underlying causes of their anxiety, the triggers, and gives practical solutions for healing.

Through easy-to-complete exercises and accessible explanations, the clinician and the client explore who and what causes anxiety and how to better effectively cope. Worksheets, reflective questions, and meditations provide a complete guide that you will use time and time again.

- Learn how the two hemispheres of the brain process emotion differently and how to balance their activity
- Rewire the brain, tame the amygdala and create new brain habits
- Learn how dietary changes can tune up the brain to reduce anxiety
- Relearn calmness and change the way you feel

Endorsements:

"Solid, smart, and sound advice for conquering anxiety from one of America's premier therapists." - **Louis Cozolino, PhD**, Professor of Psychology, Pepperdine University, author of *The Neuroscience of Psychotherapy: Building and Rebuilding the Human Brain*

"You will understand your anxiety and learn how to overcome it. Dr. Arden will be your friend along the way to your recovery." - **Elke Zuercher-White, PhD, ABPP**, author of *The End of Panic*

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Heather Killen:

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Jim Loop:

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