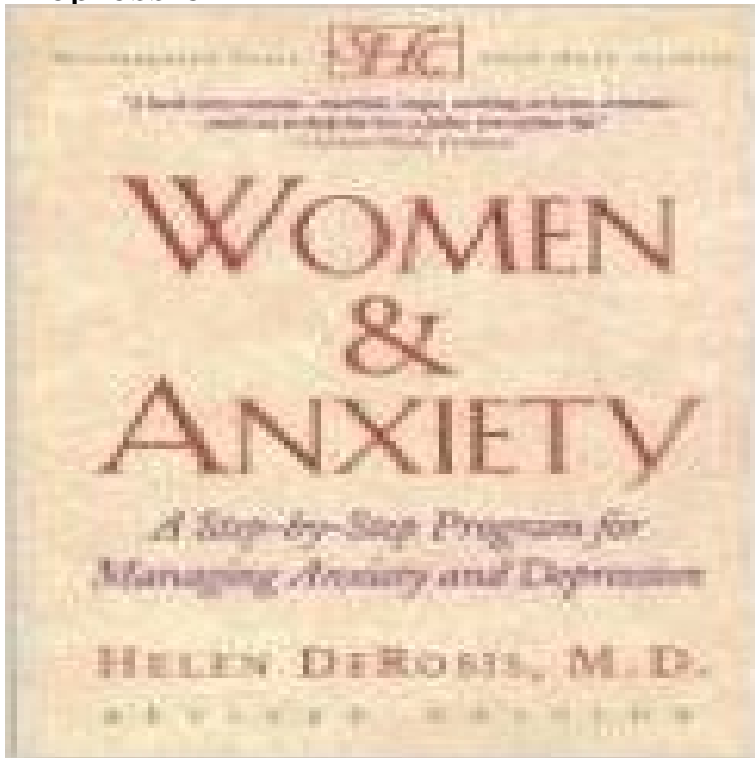


Women & Anxiety: A Step-by-Step Program for Managing Anxiety and Depression



Anxiety and depression are facts of life, but you don't have to live with them! Single parenthood. Marriage problems. AIDS. Sexual freedom. Divorce. Career demands. The glass ceiling. Run with the Wolves or play by The Rules. Pro-life. Choice. Alternative lifestyles. No wonder women are anxious and depressed. Never before have women been confronted with so many bewildering choices and so many incessant demands. How do women cope? How can they defeat self-defeating attitudes and actions? How can they conquer their fears, win the battle with anxiety and triumph over depression? *Women & Anxiety*, first published in 1979, is now completely revised and updated for the 1990s. *Women & Anxiety* offers readers a new, dynamic, and easy-to-use strategy for dealing with the problems of stress, anxiety, and depression. In an inspiring and practical style, noted psychiatrist Dr. Helen DeRosis will show women of today how to manage anxiety in an easy step-by-step program. With sensible suggestions and solutions, this book will show you how to turn anxiety into a positive force in your life and how to learn to channel it in healthy and constructive ways.

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