



Brain Based Therapy for Anxiety: A Workbook for Clinicians and Clients

John 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

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