



Stop Al Panico: Autoterapia Para Evitar Las Crisis de Ansiedad (Cuadrilatero de Libros)

Andrea Fiorenza

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Stop Al Panico: Autoterapia Para Evitar Las Crisis de Ansiedad (Cuadrilatero de Libros) Andrea Fiorenza

Fears and phobias are a much more prevalent problem in society than might perhaps be imagined, psychologist Andrea Fiorenza posits, and he argues that for all their commonness, they can lead to crippling, extreme, and uncontrollable reactions if left unaddressed. In this guide to reducing anxiety, he analyzes some of the most common fears--of particular situations, of certain animals, of nature or the weather, of other individuals--and then applies the latest theoretical and scientific advances in the field to explain how they can be overcome. The book offers a three-week program with 18 easy-to-follow exercises with which Fiorenza has had success with his own patients, so that readers can, on their own and at their own pace, overcome their anxieties and regain control over their lives.

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128 pages

About the Author

Andrea Fiorenza is a psychologist and the director of Studio Fiorenza, a Bologna, Italy-based company that offers strategic systemic therapy for individuals, couples, and families, as well as tools and counseling services for businesses. He is the author of numerous articles and essays on interpersonal relations.

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