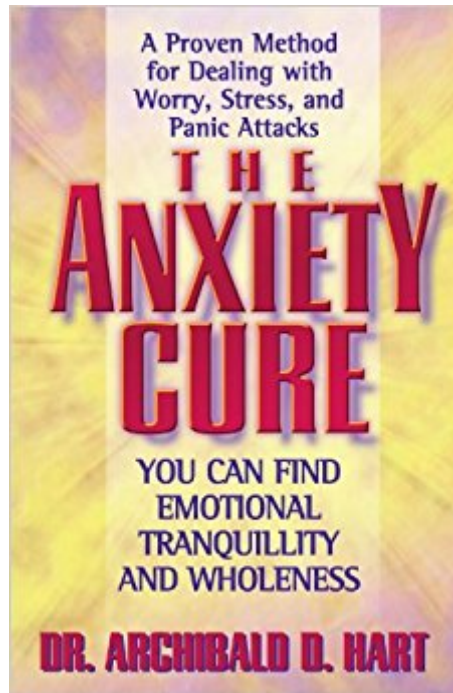




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# The Anxiety Cure



## Synopsis

Panic Anxiety is the number one mental health problem for women and second only to drug abuse among men. Synthetic tranquilizers can alleviate the symptoms of anxiety illnesses. However, in order to achieve lasting emotional tranquility, a significant lifestyle change must be made. The Anxiety Cure provides proven, natural strategies for overcoming panic disorder and finding an emotional balance in today's fast-paced world.

## Book Information

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## Customer Reviews

Dr. Hart is a professional psychologist, a prolific writer and well-known speaker. He covers different topics including the treatment of panic attacks and depression as well as stress.

All of Dr. Hart's books are outstanding and worth reading. I will be using it a home group study we will be doing about Anxiety and it spells it out so well. Its information that people need to understand and few are willing to admit they struggle with this problem.

This book is eye opening. If you suffer from anxiety or panic then I suggest reading this book. The author provides insightful suggestions. It is an easy read and kept my attention the entire time.

Theory Critique: The Work of Dr. A. Hart  
Leslie Krahn  
Liberty University  
Counseling 507-B01  
March 6, 2011  
Summary  
Dr. Archibald Hart has written many books connecting the domain of anxiety and

stress and its negative impact on the physical body. He brings the unseen world of hormones and chemical reactions which take place in our body and mind alive in this book called, *The Anxiety Cure*. He then presents the unseen anxiety and the physical anxiety which is often revealed through panic attacks out for all to see. Dr. Hart reveals a workable plan of implementing not only preventive measures for personal stress reduction but also detailed instructions for applying stress reduction into the Christian counselor practice. Dr. Hawkins (n.d.) from Liberty University suggests that Dr. Hart is one of the main contributors in Christian counseling who examines the impact stress and anxiety have on the physical body. This book will be of great interest for anyone in the Christian therapy profession, including counselors, psychologist or psychiatrist. This book will also be of great service for pastors and lay counselors with in our churches who are tending to the flocks. This book on anxiety cures is a great insight for family and friends into the world of those who struggle with anxiety issues. Most importantly this book will be a shelter in the storm for those who ride the storms that blow with winds of panic, waves of depression, lightning bolts of anxiety, and the deafening roar of thunder of panic attacks. This book can really be great reading for almost everyone who has stress or anxiety in their lives. This book not only is a huge asset for those who are already in the belly of the beast and struggling to be free from panic attack or disorders but actually has donated many of its pages to stress and anxiety prevention. Chapter ten lists in the section stress busting your life is a stress prevention list that everyone living in today's world can implement all or most of these points. 1.) Set and maintain boundaries in your life. 2.) Quick conflict resolution. 3.) Take care of those disagreeable tasks first. 4.) Build up a resistance against stress in your life. 4.) Set and stick to de-stressing recovery periods. 5.) Arrest arousal of your adrenal when not needed. 6.) Develop and maintain healthy, open relationships. 7.) Learn the joy of saying, NO. 8.) Know that stressful time is not the correct time to make major decisions. 9.) Identify and use your spiritual resources to de-stress your life. Dr. Hart takes each sometimes controversial topic associated with Christian counseling, stress and the human body and breaks it down into easily digested bites of information. He explains the scientific research and recently developments made with the hormones and messengers which travel within our body. He identifies the happy messengers as they work and the ability to increase their productivity both naturally and pharmaceutically in chapter 15. He also helps readers to see the bad or sad messengers and how they work and shows step by step instructions based on scientific research and Dr. Harts many years of experience. Two whole chapters (5 & 6) are devoted to explaining the need for anxiety medication at certain times. He is also quick to point out the times when medication is useless, such as with phobias or separation anxiety (p.72). Dr. Hart writes on the proper usage, starting point, discontinuance of medication and

the need for cognitive therapy along with medication. He also lists several of the popular anxiety medications, the way they work, the reason they work, the possible side effects and suggested dosages. There are many topics covered in this book and Dr. Hart covers each one in a logical sequence always giving suggestions of ways all readers can help alleviate stress and anxiety. Some of the topics are the dangers of worrying, the need for rest and relaxation, the importance of changing your thinking habits, meditation, honoring the Sabbath, sleeping habits, anxiety in children and many more. Dr. Hart also has kindly offered many other resources that can work along with this book to combat stress and winning the war with anxiety.

**Strengths and Weaknesses** Dr. Hart is a list man, and his lists are well organized and very easily understood as they lead you step by step in the direction he wants to take you in. He not only claims to believe in what he is writing but confesses to living it and this truth is revealed in his writing style the freedom he displays through his low stress lifestyle. Dr. Hart does not make this goal of a low stress life style a long shot at the moon, yet an easy to grasp adaption of some very clear biblical principle, such as the story found in Luke ten of Mary and Martha (p. 257). Through no fault of the author, this book deals with a rapidly changing field of anxiety and stress and the results those two states have on human bodies. There is also the almost daily changing pharmaceutical industry, which develops more and more medications to combat the number one emotional problem Americans face of anxiety and the number one mental-health issue for women of panic anxiety ( preface). This book was written in 1999 and thus it needs to be updated as I am sure there have been changes in the field of anxiety and stress.

**Personal Insight and Application** References Hawkins, R. (n.d.) Presentation: Hart. Lynchburg, VA: Liberty University.

This book is extremely helpful for everyone. It will help us through the times we feel normal anxiety. It also gives helpful guidance for those with serious anxiety issues.

I recommend Archibald Hart's book whole heartedly. It is a book I have used with people struggling with anxiety, either panic attacks or subtle anxiety that seems to be just below the surface. The book is well written with helpful exercises to incorporate in order to deal with the difficulties of anxiety. I have also seen improvement in my own life as I have applied the principles and techniques suggested in the book. The book is written from an Evangelical Christian perspective which I found to be helpful and affective.

This book has been a tremendous help. I have never battled anxiety until now, I am 41 years old,

and have been told it is directly from stress. There is a lot of confusing information out there. This book helped me to understand what was happening to me physically, emotionally, spiritually, and psychologically. I was afraid of medicine and this book gave me the understanding and freedom to accept that form of help until I can recover. It also taught me how to make life changes necessary for my complete recovery. My husband is a pastor and I am a teacher. We work together to counsel people with various challenges. This book will be placed in the hands of anyone I encounter who is suffering from anxiety, depression, and/or stress.

As a successful professional woman who has done well in most aspects of life, I really worried that I was "losing it" when, out of nowhere, I began to have panic attacks. The attacks caused me to feel weak and flawed and afraid. This book reassured me that I'm not going crazy and showed me how my Type A attitude and my stressful lifestyle perfectly set the stage for panic attacks by saturating my body with cortisol and, therefore, diminishing my body's ability to produce its own calming chemicals. The book also reassured me that it is ok, if not advisable, to take medication, at least in the early stage of treatment. Before reading this, I thought it was best to "white knuckle" it through the anxiety, but Dr. Hart carefully explains how medication can provide a necessary break from the anxiety of anticipating the next panic attack so that you can begin to learn cognitive-behavioral tools for changing the underlying stress-inducers and lifestyle factors that are feeding the anxiety disorder. This book is full of useful information. I truly recommend it. Quick note: there is Christianity-based content. While I am a Christian, I think this book is still useful for non-Christians. The information is very helpful.

Dr Hart - Articulates complicated workings of the brain chemicals in a manner that was easy to understand. It really helped me to understand my illness better, take action and get rid of my victim mentality. I also like how he put a mini program together on steps to take - especially to delegate your illness to a second position and keep living! Never - give up. God is good.

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Natural Herpes Cure Method To Eliminate Genital Herpes For Life! (Herpes Cure, Herpes, Genital Herpes, Cold Sore, Eliminate Herpes, How To Cure Herpes, Herpes Treatment) The Herpes Cure: Permanent Solutions To Treating Herpes (Cold Sore, Genital Herpes Cure, Genital Herpes Book, herpes cure, cure herpes Fatty Liver :The Natural Fatty Liver Cure, Proven Strategies to Reverse, Cure and Prevent Fatty Liver Forever ! (Fatty Liver Cure,Fatty Liver diet,Fatty ... Cure, Detox, Fat Chance, Cleanse Diet,) CBT Worksheets for Teenage Social Anxiety: A CBT workbook to help you record your progress using CBT for social anxiety. This workbook is full of ... CBT therapy and CBT books on social anxiety. Anxiety Cure Secrets: 10 Proven Ways to Reduce Anxiety & Stress Rapidly Depression: The Depression Cure: The 11-Step Program to Naturally Beat Depression For Life (depression cure, depression books, depression and anxiety, ... emotional intelligence, mood disorders) REVERSE HEART DISEASE - HEART ATTACK CURE & STROKE CURE - LOWER HIGH BLOOD PRESSURE TO NORMAL & RESTORE YOUTHFUL CARDIAC HEALTH WITH NO SURGERY OR DRUGS ... Pressure Cure, The End Of Heart Disease) Hepatitis C Symptoms, Treatment and Cure: Survivor's true story of 12 week treatment and cure (Hepatitis C Symptoms Treatment and Cure Series) The Herpes Cure: Obliterate the World's Most Annoying and Exaggerated Virus and Finally Cure Herpes (Second Edition, Developed Life Health and Wellness ... Herpes Prevention, Herpes Cure) Book 1) Herpes: HERPES TREATMENT. HERPES CURE.: How to Finally Overcome Herpes and Cure Herpes Forever (Herpes Cure, Herpes Treatment) The Fatty Liver and Weight Loss Solution, Proven Natural, Safe and Non-Toxic Strategies to Reverse, Cure and Prevent Fatty Liver.-Fatty Liver Cure, Fatty ... Fatty Liver Disease, Fatty liver cure) Eczema Cure: The Most Effective Solution To Cure Eczema Fast: A Guide To Eczema Treatment, Eczema Cure And Eczema Remedies For Perfect Clear Skin (Eczema, ... Psoriasis, Rosacea, Seborrheic Dermatitis) From Anxiety to Meltdown: How Individuals on the Autism Spectrum Deal with Anxiety, Experience Meltdowns, Manifest Tantrums, and How You Can Intervene Effectively The Anxiety Workbook for Teens: Activities to Help You Deal with Anxiety and Worry The Mindfulness and Acceptance Workbook for Anxiety: A Guide to Breaking Free from Anxiety, Phobias, and Worry Using Acceptance and Commitment Therapy The Dialectical Behavior Therapy Skills Workbook for Anxiety: Breaking Free from Worry, Panic, PTSD, and Other Anxiety Symptoms (A New Harbinger Self-Help Workbook) The Pregnancy and Postpartum Anxiety Workbook: Practical Skills to Help You Overcome Anxiety, Worry, Panic Attacks, Obsessions, and Compulsions

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