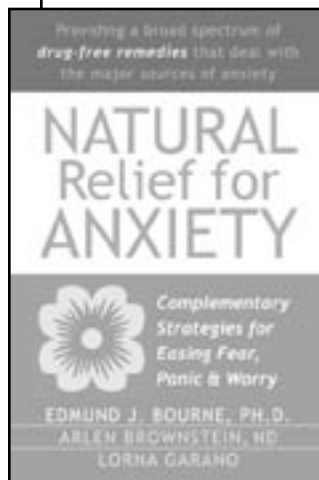


From psychologist and best-selling author Ed Bourne and naturopathic physician Arlen Brownstein comes the first-ever book on drug-free remedies for anxiety

Anxiety is the number one mental health problem in America today, with over 19 million people suffering from some form of it, according to the National Institute for Mental Health. Antianxiety medications often come with troubling side effects and relapse rates are high once these drugs are curtailed.



That's why Ed Bourne, psychologist and best-selling author of *The Anxiety & Phobia Workbook* has teamed up with Arlen Brownstein, a naturopathic physician to write *Natural Relief for Anxiety*. Together they provide cutting-edge complementary strategies that address the societal, psychological, and biological sources of anxiety. Anyone who wants to take a drug-free route back to serenity will find a complete road map in this book. Bourne and Brownstein provide:

- **Relaxation tools.** This includes step-by-step guidance for mastering progressive muscle relaxation, calming breathing practices, and guided visualization techniques.
- **A primer on eating for calmness.** This includes a complete explanation of what foods to eat and which to avoid. The authors also provide information on food allergies that can trigger anxiety.
- **Guidance for developing a lifestyle that fosters serenity.** Bourne and Brownstein offer helpful advice on how to create a simple and satisfying life that is unencumbered by excessive stress and anchored to the values and passions of the reader.
- **Information on under-recognized physical conditions that can cause anxiety.** Body toxicity, adrenal exhaustion, hypoglycemia, PMS, and other conditions are illuminated here. The author also provide suggestions for getting relief from each of these conditions.
- **An overview of supplements that can ease anxiety.** This includes a discussion of the vitamins, herbs, hormones, and amino acids that can ease anxiety symptoms.
- **Cognitive techniques for defusing anxiety symptoms.** This includes complete, step-by-step exercises for combatting the self-talk that can aggravate and trigger anxiety.
- **A primer on meditation.** Readers find not only step-by-step meditation exercises here, but also helpful tips for developing a regular meditation practice.
- **Compassion and understanding.** As importantly, Bourne and Brownstein offer their readers a gentle and encouraging hand when guiding them out of anxiety. They understand the toll that anxiety takes and employ a comforting and supportive tone throughout the book.

**FOR AN INTERVIEW REQUEST OR MORE INFORMATION CONTACT:
Lorna Garano, 510-652-0215,x107, lorna@newharbinger.com**

Natural Relief for Anxiety: Complementary Strategies for Easing Fear, Panic, and Worry
by Edmund J. Bourne, Ph.D., Arlen Brownstein, ND, and Lorna Garano
ISBN: 1-57224-372-4, \$10.95, 213 pages
Published in August 2004 by New Harbinger Publications,
800-748-6273, www.newharbinger.com

About the Authors of *Natural Relief for Anxiety*

Edmund J. Bourne, Ph.D., has specialized in the treatment of anxiety disorders and related problems for two decades. For many years, he was director of the Anxiety Treatment Center in San Jose and Santa Rosa, CA. His best-selling anxiety workbooks have helped hundreds of thousands of readers throughout the world. They include *The Anxiety & Phobia Workbook*, *Beyond Anxiety and Phobia*, and *Coping with Anxiety*. He lives and practices in Hawaii and California.

Arlen Brownstein, MS, ND, is a naturopathic physician. She earned her ND from Bastyr University in Seattle, WA. After completing her undergraduate degree at the University of California, Berkeley, she earned a master's degree in nutrition from the University of Connecticut in Storrs, CT. She is the author of *Rosacea: Your Self-Help Guide*.

Lorna Garano is a freelance writer and editor living in Oakland, CA.

Suggested Interview Questions

1. Why do you think anxiety is so prevalent today and why do you think there is a need for a book that offers non-drug remedies for it?
2. What are the different kinds of anxiety?
3. You talk about the need to make a regular regimen of relaxation exercises a priority if you're suffering from anxiety. The idea of putting relaxation above or on par with other activities like job duties, housework, etc. is difficult for a lot of people to imagine. What do you say to them?
4. If you had to give three essential dietary changes for reducing anxiety what would they be?
5. What are some under-recognized physical conditions that can aggravate anxiety and how can they be diagnosed?
6. You talk about phobias in your book. What are some common ones and what do you recommend for overcoming them?
7. What are some supplements that can ease anxiety and what are a few things people should know before taking them?
8. How can someone stick to a regular program of meditation and what are the benefits of it?
9. What is mindful exercise?
10. You have a chapter on simplifying your life in *Natural Relief for Anxiety*. What are a few tips for creating a life that is free of unnecessary complications and stress?

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What's Been Said about *Natural Relief for Anxiety*

“As a naturopathic physician with a general practice, I not infrequently encounter patients suffering from generalized anxiety disorder and panic disorder. I have recommended Bourne’s previous books for those patients, and have found them rich resources for learning coping skills to ultimately overcome their worries and fears. This latest book is a clear overview of many of the effective strategies employed by naturopathic physicians and other holistic practitioners to address the multiple contributors to anxiety and its related disorders, including dietary factors, hypoglycemia, adrenal exhaustion, toxicity, premenstrual syndrome, and insufficient exercise. Following the dietary and lifestyle recommendations contained in this book will reliably lead to the fading away of anxiety and panic.”

—Michael Traub, ND, past president of the American Association of Naturopathic Physicians and a naturopathic physician in private practice in Kailua Kona, HI and Marin County, CA

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