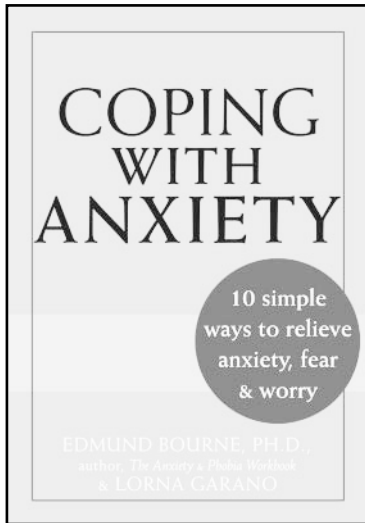


**NEW HARBINGER PUBLICATIONS**  
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*We are pleased to announce the publication of*  
**Coping with Anxiety**

**10 Simple Ways to Relieve Anxiety, Fear, & Worry**

**Edmund Bourne, Ph.D.,**  
**author of *The Anxiety & Phobia Workbook***  
**& Lorna Garano**

Terrorist attacks, economic instability, political crises ... in times like these even the most unflappable of us become acquainted with anxiety.

Ed Bourne, Ph.D., author of the best-selling *The Anxiety and Phobia Workbook*, has distilled the ten best techniques for overcoming the most common symptoms of

anxiety. *Coping with Anxiety: 10 Simple Ways to Relieve Anxiety, Fear, & Worry* shows readers

how to combat the physical and psychological symptoms of anxiety. Readers also find guidance on changing their lifestyle to one that fosters serenity and a sense of well-being.

With clear, step-by-step exercises readers learn to:

- Relax mind and body;
- Change distorted patterns of thinking that fuel anxiety;
- Develop lifestyle habits that fosters serenity;
- Eat for calmness and stick to a regular exercise program;
- Interrupt the obsessive thinking that fuels worry and anxiety;
- Master simple and powerful exercises that they can use anytime, anywhere anxiety hits.

In scary times, when it seems like our surroundings have gone haywire, it's easy to forget that we can control our emotions and don't have to be at the mercy of anxiety and fear. *Coping with Anxiety* reminds us that we *can* change how we feel and gives us the best tools to do it.

**COPING WITH ANXIETY**  
**1-57224-320-1, (PAPER), \$10.95, 156 PAGES**  
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## *Suggested Interview Questions for* **Coping with Anxiety**

1. In the introduction to *Coping with Anxiety* you talk about the difference between anxiety and anxiety disorders. How can we differentiate between the two and what are some common anxiety disorders?
2. How can relaxing the body help to calm the mind?
3. What is “catastrophizing” and how does it contribute to anxiety?
4. You say that people with phobias should gradually expose themselves to the situations or things they fear and that they should create a hierarchy. What is a hierarchy and what are some things that someone trying to overcome a phobia should know before gradually confronting what they fear?
5. You have a chapter dedicated to the importance of exercise in deterring anxiety. What are a few tips for finding the exercise program that is right for you and sticking to it?
6. What role does sugar consumption play in anxiety?
7. You say that “self-nourishment is a necessity, not a luxury.” How do you define self-nourishment and what do you recommend for people who say they are too busy to make time for it?
8. You have a chapter entitled “Simplify Your Life.” How do you define the simple life and why do you recommend it for reducing anxiety?
9. What is the worry spiral and how can someone break it before it gives way to anxiety?
10. What are some simple techniques for distracting yourself from anxiety-producing thoughts?

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## *About the Authors of* **Coping with Anxiety**

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

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

## *What's Been Said About* **Coping with Anxiety**

“Here is a book for all of us. *Coping with Anxiety* teaches us how to quiet our noisy worries, settle our rational problems, smooth out our daily tensions, and nourish our physical body. Living life to the fullest means that we must weather all kinds of challenges. Within these pages we learn how to find the calm in the eye of the storm.”

—R. Reid Wilson, author, *Don't Panic: Taking Control of Anxiety Attacks*

“Edmund Bourne is one of the major experts on anxiety. In this simple little book, he gives readers who suffer from anxiety attacks on all levels of intensity ten extraordinarily useful tools for anxiety relief in the most accessible form available in print.”

—Matthew McKay, Ph.D., author, *Relaxation & Stress Reduction Workbook*

“*Coping with Anxiety* is an extremely valuable resource guide for anyone suffering from anxiety. It is very comprehensive in its scope, describing a wide range of useful methods that will help the reader lessen anxiety and create a more calm, peaceful way of life.”

—Janet Esposito, MSW, author, *In the SpotLight: Overcoming Your Fear of Public Speaking and Performing*

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