

RECOMMENDED BOOKS FOR ANXIETY RELIEF AND FURTHER LEARNING

**DARE - The New Way to End Anxiety and Stop Panic
Attacks by Barry McDonagh**

**Any book by David Carbonell including The Panic
Attack Workbook and The Worry Trick**

**The Body Keeps the Score - Brain, Mind and Body in
the Healing of Trauma by Bessel Van Der Kolk**

The Anti-Anxiety Food Solution by Trudy Scott

Mind To Matter by Dawson Church

**The Brain That Changes Itself - Stories of
Personal Triumph from the Frontiers of Brain
Science by Norman Doidge**

