



# Overcoming Anxiety: A Single Idea Can Make a Difference

*Tirath S Gill MD, Shaleen K Gill MD*

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**Overcoming Anxiety: A Single Idea Can Make a Difference** Tirath S Gill MD, Shaleen K Gill MD

This is a book about normal and abnormal anxiety. It discusses the causes of anxiety and the common treatment options that are available. Some treatment options from branches of alternative medicine are also discussed. The different anxiety disorders such as Generalized Anxiety Disorder, Social Phobia, Post Traumatic Stress Disorder, Phobias, and Obsessive Compulsive Disorder are given greater attention. There are some bonus chapters including dealing with test taking anxiety. The approach is colloquial in nature but has enough detailed explanations to be of interest to the professional clinician as well.

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