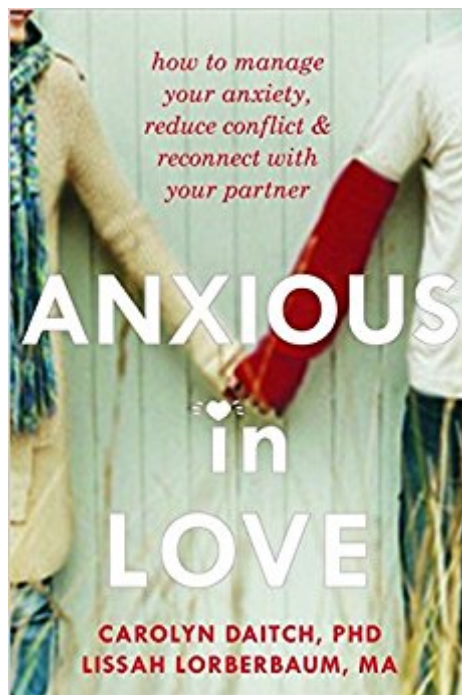




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Anxious In Love: How To Manage Your Anxiety, Reduce Conflict, And Reconnect With Your Partner



Synopsis

Healthy relationships require trust, intimacy, effective communication, and understanding. However, if you suffer from chronic anxiety you may have trouble dealing with everyday conflicts and tensions that can arise in relationships. No matter how committed you are, anxiety can leave you feeling distanced from your partner. Fortunately, there are steps you can take to overcome the anxiety-fueled reactions that keep you from achieving true closeness in your relationship. Written by two experts on anxiety disorders, *Anxious in Love* offers easy-to-use techniques for calming anxieties and strengthening communication in your relationship. With this book, you will learn to stay centered when faced with conflict, understand your partner's perspective, and become more independent. By changing the way you react to triggers and stress, you will be able to focus on enjoying time with the one you love, without anxiety getting in the way.

Book Information

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Customer Reviews

“Anxiety is, without doubt, the greatest enemy faced by couples, and its regulation is the most challenging and important achievement in marital happiness. The authors describe this crucial dilemma with deep and profound clarity and its resolution in clear instructions and exercises. Every couple who follows this path will end up in the kingdom of marital bliss. As the authors say, practice leads to permanence. I recommend this book not only to all couples, but also to all couples therapists. It will make their work with couples less anxious!”
—Harville Hendrix, PhD, author of *Getting the Love You Want* and coauthor of *Receiving Love* with Helen LaKelly Hunt, PhD
“Anxious in Love brings help for anxiety disorders into new territory, revealing how it can

affect both partners in a relationship and endanger the well-being of their connection. In a compassionate, step-by-step strategy, the anxiety disorder is first managed, and then mastered using both behavioral and psychological tools. Ultimately these practices are woven into an effective program for couples to use—one that empowers both partners to calm the inner and outer effects of anxiety on their relationship and maintain a quality connection. *Anxious in Love* is an invaluable resource and guide for anyone suffering from an anxiety disorder or anyone in a relationship with someone who suffers from anxiety.

—Eleanor Payson, LMSW, author of *The Wizard of Oz and Other Narcissists*; Anxiety, phobias, compulsions, and social avoidance can erode and even destroy relationships. *Anxious in Love* gives you the tools to decrease, manage, and even eliminate your excessive anxiety (or to understand your anxious partner). After reading the simple but powerful methods in the book, I am confident you'll be anxious to try them and will feel better right away.

—Bill O'Hanlon, author of *The Change Your Life Book* and *Rewriting Love Stories*; Above all, therapists should not overlook the great advantage of prescribing *Anxious in Love* as a workbook for patients to use in tandem with ongoing psychotherapy. Its use will help patients get more out of their therapy by promoting self-awareness and self-reliance, as well as expanding self-care for stabilization, boundary development, and affect management.

—Claire Frederick, MD, coauthor of *Inner Strengths and Healing the Divided Self*; This book is written primarily for people suffering from anxiety, but also for their partners. . . . There is a wide range of specific exercises for readers to try, so they can find what works best to reduce the overall anxiety level, recognize emotional and physical triggering experiences so the anxious reaction can be prevented, and perhaps most importantly, to learn to be calm, not merely avoiding the anxiety. . . . The authors bring multiple human examples from their decades of clinical experience, simple assessments, and many practical exercises. They create a light and reassuring mood with a genuine concern to assist healing. . . . Anyone suffering from the potentially crippling fallout from any of the potentially crippling experiences of anxiety is likely to have significant benefit from actively engaging with this book.

—Robert B. McNeilly, MBBS, CET, director of the Milton H. Erickson Institute of Tasmania

Carolyn Daitch, PhD, is a licensed psychologist and certified Imago relationship therapist. She is the author of *Affect Regulation Toolbox* and *Anxiety Disorders: The Go to Guide for Clients and Therapists*. She is also a contributing author in *Clinical Pearls of Wisdom: 21 Leading Therapists Offer Their Key Insights* and *Ten Commandments for Couples*. She specializes in treating anxiety disorders; trains health professionals internationally on hypnosis, anxiety disorders, affect

regulation, and relationship therapy; and is the director of the Center for the Treatment of Anxiety Disorders in Farmington Hills, MI. Dr. Daitch lives in West Bloomfield, MI. Lissah Lorberbaum, MA, holds a master's degree in clinical psychology with a specialization in somatic psychology and treats affect dysregulation across a wide range of clientele. She lives and works in Los Angeles, CA.

Exactly what my relationship needed. Understanding where my partner and I stand in communication with each other is important and this book has opened our eyes. Reading through it slowly is key for me. I'm a little over halfway through but already, it's helped. The exercises aren't corny and they make real sense. I advise anyone in a relationship and with anxiety, whether diagnosed or not, to read this.

Another winner from Dr. Carolyn Daitch (this one in collaboration with Lissah Lorberbaum)! I find that anxiety, at some level is nearly ALWAYS in the room during a therapy session. I am thoroughly enjoying the read, and am recommending this 'user-friendly' book to my clients, both individuals and, of course, to couples where anxiety is an issue. So glad to have this in my 'tool kit'! Marcia Ferstenfeld, M.A. Certified Imago Relationship Therapist

I love this book! It's very helpful. I read another book like this previously but it was mostly all medical info & didn't help me at all & it was boring. However, I can't put this book down. It's helped me a lot with my relationship. I recommend this book to anyone with anxiety problems that's in a relationship.

Anxious in Love is an excellent book. For those who suffer anxiety disorders, help isn't just on the way- it's here. There are practical suggestions, exercises, and even handy scripts and checklists that provide immediate assistance to those in need. The authors maintain a professional tone and include numerous references in case the reader (possibly a therapist) wants to dig deeper. Furthermore, their respect and their sense of compassion for anxiety sufferers are unmistakable. The language they use to describe triggering situations is a model of accuracy. Clearly drawn examples make the book applicable to all of us. Anxious in Love is chock full of positive activities that will allow the reader to deal with difficult situations quickly and intelligently. I highly recommend this book for anyone that must deal with anxiety.

Most people experience anxiety in some manner, and go through life without resolution or

understanding. Anxiety can be terrifying, and frustrating for a partner who lacks understanding. I am recommending this very creative book to individuals and couples to help them become more compassionate, empathic and accepting. *Anxious in Love* affords individuals and couples an opportunity to learn more about anxiety, and how you and/or your partner can face the challenge of increasing connection and overcoming the stress and conflict that stands in the way of desired happiness and love.

This book has been super helpful in giving me positive practices to manage and combat my anxiety. I love the "daily stress inoculation" particularly.

This a great read for both the person with anxiety and the partner. While I was reading it I just kept thinking this is me exactly. I enjoyed the exercises to help with anxiety and I will use them.

Great book for true, lasting behavior modification.

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