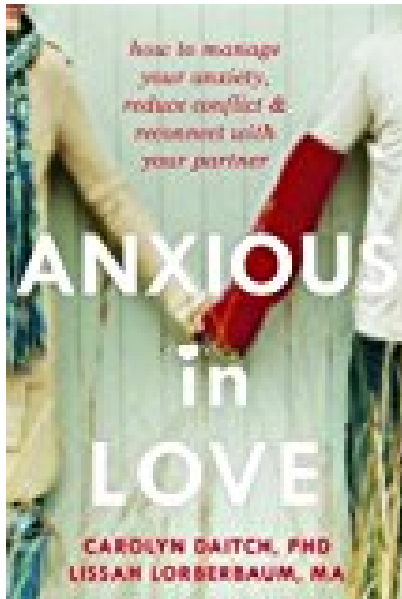


# Anxious in Love How to Manage Your Anxiety Reduce Conflict and Reconnect with Your Partner

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## BOOK DETAILS

- Author : Carolyn Daitch PhD
- Pages : 208 Pages
- Publisher : New Harbinger Publications
- Language : English
- ISBN : 1608822311

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## BOOK 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.

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