

Anxiety Counseling Near Me



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**William Still (Author of The
Underground Rail Road.)**



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Mindfulness for Anxiety Relief Samuel D. Brandt ,2025-10-21 Do you ever feel like your mind just won't stop? Like no matter how much you try to relax, the thoughts keep racing, the heart keeps pounding, and peace always feels one breath out of reach. You're not alone, and you're not broken. In *Mindfulness for Anxiety Relief*, you'll discover a compassionate, practical roadmap to stillness, one that helps you quiet the noise, release tension, and finally feel safe in your own body again. Blending modern psychology, neuroscience, and timeless mindfulness wisdom, this book shows you how to turn anxious moments into opportunities for calm, clarity, and self-connection. Through step-by-step guidance, you'll learn how to calm racing thoughts with simple, evidence-based breathing techniques. Break free from cycles of worry and stress using mindful awareness. Cultivate emotional resilience and self-compassion in daily life. Build a personalized mindfulness routine that fits your real-world schedule. Transform anxiety into strength and peace into a lasting way of being. Each chapter offers clear practices, reflective prompts, and real-life examples that will help you create space between stimulus and response so you can live from peace instead of constantly chasing it. Whether you're new to mindfulness or rediscovering it after years of stress and self-doubt, this book will meet you where you are and gently lead you toward where you want to be. Calm isn't something you have to earn. It's something you remember. Take a breath. Open these pages. Your journey to peace begins now. Take the first step toward a calmer, kinder, and more mindful life. Start reading *Mindfulness for Anxiety Relief* today. *Already Toast* Kate Washington, 2021-03-16 The story of one woman's struggle to care for her seriously ill husband and a revealing look at the role unpaid family caregivers play in a society that fails to provide them with structural support. *Already Toast* shows how all-consuming caregiving can be, how difficult it is to find support, and how the social and literary narratives that have long locked women into providing emotional labor also keep them in unpaid caregiving roles. When Kate Washington and her husband Brad learned that he had cancer, they were a young couple, professionals with ascending careers, parents to two small children. Brad's diagnosis stripped those identities away; he became a patient, and she his caregiver. Brad's cancer quickly turned aggressive, necessitating a stem cell transplant that triggered a massive infection, robbing him of his eyesight and nearly of his life. Kate acted as his full-time aide, keeping him alive, coordinating his treatments, making doctors' appointments, calling insurance companies, filling dozens of prescriptions, cleaning commodes, administering IV drugs. She became so burned out that when she took an online quiz on caregiver self-care, her result cheerily declared, "You're already toast." Through it all, she felt profoundly alone, but as she later learned, she was in fact one of millions, an invisible army of family caregivers working every day in America, their unpaid labor keeping our troubled healthcare system afloat. Because our culture both romanticizes and erases the realities of care work, few caregivers have shared their stories publicly. As the baby boom generation ages, the number of family caregivers will continue to grow. Readable, relatable, timely, and often raw, *Already Toast* with its clear call for paying and supporting family caregivers is a crucial intervention in that conversation.

bringing together personal experience with deep research to give voice to those tasked with the overlooked vital work of caring for the seriously ill *10 Steps to Reducing Your Child's Anxiety on the Autism Spectrum* Michelle Garnett, Dr Anthony Attwood, Louise Ford, Julia Cook, Stefanie Runham, 2020-05-21 Recognising expressing and understanding emotions helps young children make sense of their life experiences Children diagnosed with autism can have significant difficulties with recognising and processing emotions which can lead to high levels of anxiety as they struggle to make sense of the unpredictable world around them The Fun with Feelings programme is designed to help parents support their children with emotional regulation and to decrease anxiety This guide is structured around 10 stages The initial four stages prepare parents to implement the programme with their child These stages help parents understand the causes of anxiety and provide practical strategies for creating a toolbox to reduce anxiety The final six stages are used in conjunction with *Having Fun with Feelings on the Autism Spectrum A CBT Activity Book for Kids Age 4-8* allowing parents to support their child while working through the activity book Written by world leading experts in the field *10 Steps to Reducing Your Child's Anxiety on the Autism Spectrum* provides the steppingstones for parents of young children with autism to better understand their child's emotional skill set and empower them to understand and articulate their feelings *When Kids Ask Hard Questions Volume 2* Bromleigh McCleneghan, Karen Ware Jackson, 2021-11-09 From the creators of *When Kids Ask Hard Questions* comes MORE questions and thank goodness responses on today's tough topics In an increasingly complex world children deserve thoughtful responses informed by our progressive faith values In this second volume for parents teachers and faith leaders respected experts pastors and parents address more than two dozen tough topics offering theological perspectives and suggestions for comforting and spiritually guiding children Topics include racism and white supremacy vaping and illegal drugs domestic abuse and family stigma pornography and sexuality mental illness and teen suicide social media and isolation and terminal illness and grief **Communication Outlook**, 1985 **The Girl's Own Annual**, 1890 Updating Long COVID: Mechanisms, Risk Factors, and Treatment César Fernández-de-las-Peñas, Lars Arendt-Nielsen, 2024-10-04 The SARS CoV 2 virus has led to the worldwide outbreak of the twentieth century Current knowledge on SARS CoV 2 acute infection has dramatically increased Three years after the main outbreak the presence of long lasting symptoms after the acute infection called long COVID or post COVID 19 syndrome affects millions of individuals worldwide Increasing literature supports the presence of more than 100 potential symptoms after the acute phase of infection such as extreme fatigue dizziness and insomnia depression and anxiety memory and concentration impairments loss of smell or taste tinnitus and earaches chest pain heart palpitations tightness muscle aches However several gaps still are present in the identification timeframe mechanisms and treatment strategies for the management of long COVID *Life of Sir William Rowan Hamilton* Robert Perceval Graves, 1885 **Life** John Ames Mitchell, 1899 *New York Supreme Court*, 1898 The Underground Rail Road. A Record of Facts, Authentic Narratives, Letters, ... Narrating the Hardships, Hair-breadth Escapes and Death

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