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Bringing that exciting, translational experience to clinicians not already steeped in neuroscience is the laudatory goal of The Anxious Brain. The authors rightfully tell us that neuroscientific information carries power as a clinical tool—explaining, motivating, and shaping treatment, reducing stigma, and enhancing rational leverage in the battle against the irrational forces that destroy anxious patients ' lives.

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put anxiety into a...

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The anxious brain; the neurobiological basis of anxiety disorders and how to effectively treat them. Wehrenberg, Margaret and Steven Prinz. W.W. Norton 2007 274 pages \$32.00 Hardcover RC531 As experts in treating anxiety disorders, Wehrenberg (a psychotherapist in private practice, Naperville, Illinois) and Prinz (psychiatrist, Linden Oaks ...

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These insights in the brain underlying mental phenomena put anxiety into a perspective that makes it easier to become calm, and provides the bases for effective intervention with thought exercises, breathing techniques, and behavioral adaptations. The Anxious Brain is a timely clinical guide. Current statistics show that up to one-third of Americans suffers a panic attack during their lifetime and up to eight percent is currently suffering from one of the anxiety disorders.

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Yes, you read that correctly, there is a physiological reason for your anxious brain! There are

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changes that have occurred from the initial brain trauma which have most likely affected the frontal cortex, insular cortex, cingulate cortex, amygdala, cerebellum and other regions such as pituitary and hypothalamus that are centrally located in the brain.

~~The Anxious Brain – The Brain Health Magazine~~

For a thorough, detailed look into the neurobiological underpinnings of the anxious brain: Joseph Ledoux – Anxious: Using the Brain to Understand and Treat Fear and Anxiety. For a step-by-step look into treatment regimens for panic disorders, generalized anxiety, and social anxiety: Margaret Wehrenberg and Steven Prinz – The Anxious Brain ...

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The anxious brain : the neurobiological basis of anxiety disorders and how to effectively treat them. [Margaret Wehrenberg; Steven Prinz] -- "As experts in treating anxiety disorders, Wehrenberg (a psychotherapist in private practice, Naperville, Illinois) and Prinz (psychiatrist, Linden Oaks Hospital, Naperville) discuss generalized, ...

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Interconnectivity with brain regions responsible for interpreting social behavior may be one mechanism by which the amygdala plays a substantial role in anxiety disorders. The brain regions responsible for interpreting social behavior include the superior temporal gyrus, thalamus, and PFC. Amygdala hyperactivity may mediate the inaccurate interpretations of social behavior in patients who have GAD. 120

~~The Neurobiology of Anxiety Disorders: Brain Imaging ...~~

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