



The Book of IT

Bev Aisbett

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Using 10 steps from her popular workshops, counsellor Bev Aisbett provides you with practical, sound advice on how to recognise and tame anxiety, whether it affects you just occasionally or every single day. Do you beat yourself up over mistakes? Do you often worry, worry, worry? Do you tend to expect the worst? Do things have to be perfect before you can enjoy them? Do you have a belief that life is hard? Are you overly concerned about what others think of you? Do you compare yourself to others? Do you find it hard expressing your feelings, especially anger? Do you give more than you get? Do you look after others more than you do yourself? Are you critical of yourself and others? If you answered 'yes' to even half of these questions, would you say that your life and emotions are in balance? Anxiety isn't a punishment - it's a wake-up call, and you can do something about it! Using 10 steps from her popular workshops, counsellor Bev Aisbett provides you with practical, sound advice on how to recognise and tame anxiety, whether it affects you just occasionally or every single day.

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