

Contents

Acknowledgements	<i>xi</i>
Introduction	<i>1</i>
How to Use This Book	<i>7</i>
What Is Anxiety?	<i>9</i>
What Is Anxiety?	<i>11</i>
1. <i>Generalized Anxiety Disorder (GAD)</i>	<i>16</i>
2. <i>Social Phobia</i>	<i>17</i>
3. <i>Panic Disorder</i>	<i>18</i>
4. <i>Agoraphobia</i>	<i>20</i>
5. <i>Phobias</i>	<i>21</i>
6. <i>Post Traumatic Stress Disorder (PTSD)</i>	<i>22</i>
7. <i>Obsessive Compulsive Disorder (OCD)</i>	<i>23</i>
Eleven Layers of Anxiety	<i>26</i>
1. <i>Substances</i>	<i>26</i>
2. <i>Physiological</i>	<i>28</i>
3. <i>Reality</i>	<i>28</i>
4. <i>Overstimulation</i>	<i>30</i>
5. <i>Cultural and social beliefs</i>	<i>31</i>
6. <i>Self-doubt</i>	<i>33</i>
7. <i>Perfectionism</i>	<i>33</i>
8. <i>Negative thinking</i>	<i>33</i>
9. <i>High sensitivity</i>	<i>34</i>
10. <i>Memories</i>	<i>35</i>
11. <i>Traumas</i>	<i>35</i>

Empowering Your Anxiety Warrior	37
Authenticity: Is It Something We Really Want? <i>Elke Scholz</i>	39
Anxiety and the Body <i>Dr. Nick Bianchi</i>	49
Anxiety Meets Compassion <i>Nicki Koethner</i>	57
A Naturopathic Medical Approach to Treating Anxiety <i>Dr. Colette Harman</i>	64
Tea and Stress <i>Craig Denstadt</i>	75
Yerba Maté: The Healthy Energizer Brought to You by Nature's Synergy <i>Rosscoe Marks</i>	84
Essential Oils for Anxiety <i>Chantelle Denstedt</i>	92
The Sacred Tree <i>Susan O'Connell</i>	104
Yoga and Anxiety <i>Angie Davis</i>	121
Managing Anxiety and Stress with Kundalini Yoga <i>Susan Allen — Sat Akal Kaur</i>	139
The Radiant Fire: Confronting the Critic and Nurturing the Inner Child <i>Krystal Demaine</i>	151
Managing Anxiety with Breathing <i>Dr. Colette Harman</i>	163
Guided Imagery: How Your Mind Can Help You Reduce Pain and Cope Better with Stress <i>Dr. Roxanne Daleo</i>	172
Boundaries <i>Elke Scholz</i>	180

Transitional Poetry 187

Transitional Poetry 188

The peace and quiet of DEAD
Elke Scholz 189

Take this pill
Reilly Scott 191

What is courage?
Elke Scholz 193

Life waiting for You
Emma Scholz Bertrand 195

Soul Destiny
Elke Scholz 196

Chikara Warrior Stories 197

Chikara Warrior Stories and Senjutsu 198

A Different Kind of Warrior Now
Kathryn Boland 199

Anxiety Can Lead You Further
Barb Campbell 206

The Miracle of Pets
Sarah Clifford 209

Work Anxiety
Magdalene Carson 214

A Moment Can Change a Life
Angie Davis 218

I'll Be Fine
Amanda Duncan 224

A Couple's Experience: His and Her Viewpoints
Amanda and Noel Duncan 230

When Anxiety Encounters Traditional
Chinese Medicine
Kory Sadie Ford 239

The Masks We Wear
Karen Girard 244

House of Cards to Happiness <i>Tracey Howarth</i>	252
Pushing Through My Diagnosis <i>Meaghan O'Neill</i>	258
I Got This: Unlocking Your Instincts <i>Nancy Osborne</i>	261
A Caregiver's Chronicle <i>M. Secord</i>	269
Seeing Past the Noise <i>Melanie Walbridge</i>	277
Senjutsu of Chikara Warriors	281
Senjutsu (tactics) of the Chikara Warrior Stories	283
A Mental Checklist	286
Supportive Charts	288
Empowering Your Own Anxiety Warrior	291
Glossary	295
References	301
About the Contributors	305
About the Author	317