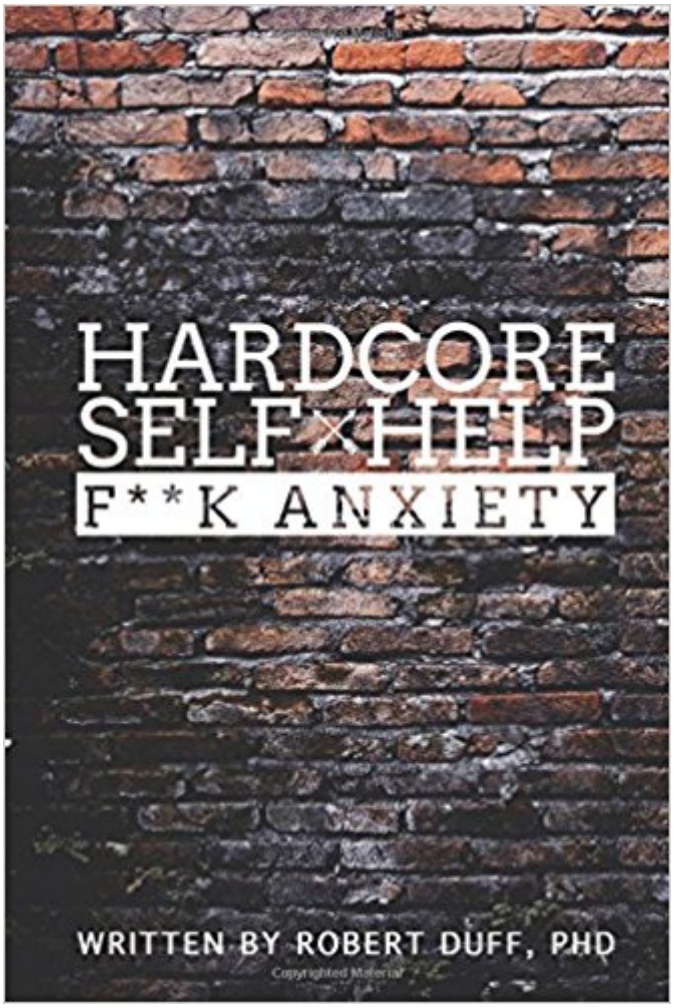
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Hardcore Self Help: F**k Anxiety (Volume 1)



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Synopsis

Hardcore Self Help: F**k Anxiety is for those of us that find the prospect of reading a traditional self help book to be way too boring. How are you supposed to make positive change in your life if the book itself feels like a chore? This book is definitely not a chore. In Hardcore Self Help: F**k Anxiety, I talk to you like a friend. There is lots of swearing and humor and also loads of helpful and actionable information. You learn about anxiety and how to find the weapons within yourself to slay it for good.

Book Information

Series: Hardcore Self Help

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Average Customer Review: 4.4 out of 5 stars 405 customer reviews

Best Sellers Rank: #15,679 in Books (See Top 100 in Books) #23 inÃ Â Books > Self-Help > Anxieties & Phobias #60 inÃ Â Books > Health, Fitness & Dieting > Mental Health > Emotions

Customer Reviews

I have a doctorate in clinical psychology, I’m a husband to a beautiful wife, and a father to a beautiful puppy. I write the way that I like to read. To the point, funny, and informative. Duffthepsych.com

Let me sum up this entire book: breathe. When your life is full of constant panic, anxiety, and worry- All you have to do is a little yoga and breathe and your crippling fears will go away- according to everyone that does not actually have anxiety. Its not that this book is completely incorrect, its that it has no more info than a psychology today article and is too generalized to be helpful. If you just discovered yesterday that you may have very mild anxiety this may help you but if you’ve suffered for years, been to therapy and your looking for new info on handling daily life with anxiety, look elsewhere.

This book took me forever to finish simply because I opted to have my kindle text-to speech; I kept falling asleep and I couldn't remember where i stopped or started. I think this book is definitely for beginners. As someone who's had anxiety for my whole life I think I didn't benefited so much from the activities. It was very easy to imagine myself sitting down at Starbucks talking to the author. Lot's of cussing... but i think i should have expected that being that the title of the book includes the F word. Overall, i did like this book. I just think the book should be a little more in depth and not so generalized

There's a ton of references to the word "ass," if you are into that kind of thing. In general, I've read better when it comes to anxiety, and certainly have read worse too.

It's a simple "It'll be okay." It doesn't claim to go deep in the psychological science of anxiety and that's fine. It helped me come to terms with a recent anxiety diagnosis through hilarious analogies and terrible language and simple coping mechanisms. I would definitely recommend it to others dealing with a new diagnosis.

To be honest, I was looking for a bit more. I'm not sure what, but...more. Name your anxiety, breathe and count, you can do this. That was essentially my take away. Three stars for the info provided and five stars for the tone of the book...it was like a convo I would have with a friend or maybe myself.

This book was perfect. I was searching for a book to read to help my anxiety and this one was right on point. My therapist recommended a book but I haven't got past the first page. This book I finished in 2 days, 2 separate readings. It is perfect the way he speaks like he is exactly in my head and knows exactly how I feel. This has helped me explain my anxiety and depression and how to relate it to people from the inside out. I bought the depression book as well so I can't wait to start that one!

I've been dealing with panic disorder off and on for a while. I recently had a series of panic attacks that put me in a depressed state about the whole situation. I decided to look for a book(s) that might have some tips and advice about how to begin eliminating this from my life. Although the book is short, it definitely helped me organize my thoughts and opinions about what I might be dealing with. I'll continue to seek outside help and read other books, but this was a nice place to start for cheap

I really enjoyed reading this self help book(which I normally avoid self help books). I felt like Robert was telling it truthfully, yet not being overly pushy!!! I have been battling severe anxiety for a couple weeks now, a couple pages into his book I started to relax and laugh at his outlook on things! It has some really helpful techniques and alot of hopeful insight on how to deal with everyday battles!!

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