



## Attacking Anxiety & Depression® - Official Program: Coaching DVDs

*Lucinda Bassett*

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## **Attacking Anxiety & Depression® - Official Program: Coaching DVDs** Lucinda Bassett

Additional Coaching DVDs from deluxe editions of the Attacking Anxiety & Depression program from Lucinda Bassett and the Midwest Center for Stress & Anxiety.

These DVDs come with the purchase of an Attacking Anxiety & Depression - Deluxe Program. Now they are available for separate sale as a supplement to the standard Attacking Anxiety & Depression Program.

Jump Start DVD: Recognize and Believe / Stopping Panic Attacks / A Healthy Body, A Healthier Mind / Coping with Guilt and Negative Self-Talk / The Power of Relaxation

### 1. Coaching DVD: Volume One:

Session 1- Anxiety & Depression: Symptoms, Causes, and Common Fears

Session 2- Six Steps Designed to Put an End to Panic Attacks

Session 3- Self-Talk: The Key to Healthy Self Esteem

Session 4- Expectations: How to Expect Less and Get More

Session 5- Eat and Exercise to Minimize Anxiety and Depression

### 2. Coaching DVD: Volume Two:

Session 6- Stop Being Angry and Control Your Mood Swings

Session 7- Assertive Behavior: Speak Confidently, Gain Respect

Session 8- Put an End to "What-If" Thinking

Session 9- Get Off the Guilt and Worry Treadmill

Session 10- How to Address Obsessive, Scary Thoughts

### 3. Coaching DVD: Volume Three:

Session 11- A Candid Dialogue About Medication and Alcohol

Session 12- The Courage to Change

Session 13- Time Management: 12 Steps Toward a Balanced Life

Session 14- How to Keep Stress from Becoming Anxiety

Session 15- Getting Beyond a Growth Spurt



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