



Anxious in Love: How to Manage Your Anxiety, Reduce Conflict, and Reconnect with Your Partner

By Carolyn Daitch PhD, Lissah Lorberbaum MA

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Healthy relationships require trust, intimacy, effective communication, and understanding. However, if you suffer from chronic anxiety you may have trouble dealing with everyday conflicts and tensions that can arise in relationships. No matter how committed you are, anxiety can leave you feeling distanced from your partner. Fortunately, there are steps you can take to overcome the anxiety-fueled reactions that keep you from achieving true closeness in your relationship.

Written by two experts on anxiety disorders, *Anxious in Love* offers easy-to-use techniques for calming anxieties and strengthening communication in your relationship. With this book, you will learn to stay centered when faced with conflict, understand your partner's perspective, and become more independent. By changing the way you react to triggers and stress, you will be able to focus on enjoying time with the one you love, without anxiety getting in the way.

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Editorial Review

Review

“Anxiety is, without doubt, the greatest enemy faced by couples, and its regulation is the most challenging and important achievement in marital happiness. The authors describe this crucial dilemma with deep and profound clarity and its resolution in clear instructions and exercises. Every couple who follows this path will end up in the kingdom of marital bliss. As the authors say, practice leads to permanence. I recommend this book not only to all couples, but also to all couples therapists. It will make their work with couples less anxious!”

—Harville Hendrix, PhD, author of *Getting the Love You Want* and coauthor of *Receiving Love* with Helen LaKelly Hunt, PhD

“*Anxious in Love* brings help for anxiety disorders into new territory, revealing how it can affect both partners in a relationship and endanger the well-being of their connection. In a compassionate, step-by-step strategy, the anxiety disorder is first managed, and then mastered using both behavioral and psychological tools. Ultimately these practices are woven into an effective program for couples to use—one that empowers both partners to calm the inner and outer effects of anxiety on their relationship and maintain a quality connection. *Anxious in Love* is an invaluable resource and guide for anyone suffering from an anxiety disorder or anyone in a relationship with someone who suffers from anxiety.”

—Eleanor Payson, LMSW, author of *The Wizard of Oz and Other Narcissists*

“Anxiety, phobias, compulsions, and social avoidance can erode and even destroy relationships. *Anxious in Love* gives you the tools to decrease, manage, and even eliminate your excessive anxiety (or to understand your anxious partner). After reading the simple but powerful methods in the book, I am confident you'll be anxious to try them and will feel better right away.”

—Bill O'Hanlon, author of *The Change Your Life Book* and *Rewriting Love Stories*

“Above all, therapists should not overlook the great advantage of prescribing *Anxious in Love* as a workbook for patients to use in tandem with ongoing psychotherapy. Its use will help patients get more out of their therapy by promoting self-awareness and self-reliance, as well as expanding self-care for stabilization, boundary development, and affect management.”

—Claire Frederick, MD, coauthor of *Inner Strengths* and *Healing the Divided Self*

“This book is written primarily for people suffering from anxiety, but also for their partners. . . . There is a wide range of specific exercises for readers to try, so they can find what works best to reduce the overall anxiety level, recognize emotional and physical triggering experiences so the anxious reaction can be prevented, and perhaps most importantly, to learn to be calm, not merely avoiding the anxiety. . . . The authors bring multiple human examples from their decades of clinical experience, simple assessments, and many practical exercises. They create a light and reassuring mood with a genuine concern to assist healing. . . . Anyone suffering from the potentially crippling fallout from any of the potentially crippling experiences of anxiety is likely to have significant benefit from actively engaging with this book.”

—Robert B. McNeilly, MBBS, CET, director of the Milton H. Erickson Institute of Tasmania

About the Author

Carolyn Daitch, PhD, is a licensed psychologist and certified Imago relationship therapist. She is the author of *Affect Regulation Toolbox* and *Anxiety Disorders: The Go to Guide for Clients and Therapists*. She is also a contributing author in *Clinical Pearls of Wisdom: 21 Leading Therapists Offer Their Key Insights and Ten Commandments for Couples*. She specializes in treating anxiety disorders; trains health professionals internationally on hypnosis, anxiety disorders, affect regulation, and relationship therapy; and is the director of the Center for the Treatment of Anxiety Disorders in Farmington Hills, MI. Dr. Daitch lives in West Bloomfield, MI.

Lissah Lorberbaum, MA, holds a master’s degree in clinical psychology with a specialization in somatic psychology and treats affect dysregulation across a wide range of clientele. She lives and works in Los Angeles, CA.

Users Review

From reader reviews:

William Todaro:

The publication with title *Anxious in Love: How to Manage Your Anxiety, Reduce Conflict, and Reconnect with Your Partner* contains a lot of information that you can discover it. You can get a lot of benefit after read this book. This kind of book exist new know-how the information that exist in this publication represented the condition of the world right now. That is important to yo7u to understand how the improvement of the world. This kind of book will bring you throughout new era of the syndication. You can read the e-book on the smart phone, so you can read the item anywhere you want.

Jessica Bradburn:

Playing with family in a very park, coming to see the sea world or hanging out with close friends is thing that usually you might have done when you have spare time, and then why you don't try point that really opposite from that. 1 activity that make you not experience tired but still relaxing, trilling like on roller coaster you are ride on and with addition associated with. Even you love *Anxious in Love: How to Manage Your Anxiety, Reduce Conflict, and Reconnect with Your Partner*, you could enjoy both. It is excellent combination right, you still wish to miss it? What kind of hangout type is it? Oh occur its mind hangout men. What? Still don't have it, oh come on its known as reading friends.

Casey Schnell:

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