

Recommended Resource List: Anxiety

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To request a title from the State Library:

- *State government employees* should follow the call number link to the [KDLA Catalog](#) and click on the "Place Hold" button in the Availability section. Check the information on the form and then click on "Submit" button. Materials can be delivered by messenger mail in Frankfort or by UPS to field/district offices (return postage included). Downloadable audiobooks and e-books may be checked out through the [Kentucky Libraries Unbound \(KLU\)](#) website.
- *Public library staff* should use their libraries' own interlibrary loan system for requests. Public library staff members must have accounts at participating KLU libraries (either at their work locations or at the libraries in their counties of residence) to download titles.
- *Members of the general public* should contact their local public library for interlibrary loan service for audiobook, book and DVD titles and to confirm that the local public library offers downloadable titles through [Kentucky Libraries Unbound](#).

Audiobook

Chansky, Tamar E. **Freeing Yourself from Anxiety: 4 Simple Steps to Overcome Worry and Create the Life You Want.** Ashland, OR: Blackstone Audio, 2012. Call number: [MP3 616.8522 Chan](#)

Books

Elliott, Charles H. **Overcoming Anxiety for Dummies.** Hoboken, NJ: Wiley Pub., 2010. Call number: [616.852206 Elli](#)

Matta, Christy. **The Stress Response: How Dialectical Behavior Therapy Can Free You from Needless Anxiety, Worry, Anger & Other Symptoms of Stress.** Oakland, CA New Harbinger Publications, 2012. Call number: [155.9042 Matt](#)

McGee, Paul. **How Not to Worry: The Remarkable Truth of How a Small Change Can Help You Stress Less and Enjoy Life More.** Hoboken, NJ: John Wiley & Sons, Ltd., 2012. [Download from Kentucky Libraries Unbound](#)

Melemis, Steven M. **I Want to Change My Life: How to Overcome Anxiety, Depression & Addiction.** Toronto: Modern Therapies, 2010. Call number: [158.1 Mele](#)

Orsillo, Susan M. **The Mindful Way through Anxiety: Break Free from Chronic Worry and Reclaim Your Life.** New York: Guilford Press, 2011. Call number: [152.46 Orsi](#)

Stossel, Scott. **My Age of Anxiety: Fear, Hope, Dread, and the Search for Peace of Mind.** New York: Alfred A. Knopf, 2014. [Download from Kentucky Libraries Unbound](#)

Tsilimparis, John and Daylle Deanna Schwartz. **Retrain Your Anxious Brain: Practical and Effective Tools to Conquer Anxiety.** Don Mills, Ontario: Harlequin Enterprises Limited, 2014. [Download from Kentucky Libraries Unbound](#)

Wilson, Kelly G. **Things Might Go Terribly, Horribly Wrong: a Guide to Life Liberated from Anxiety.** Oakland, CA: New Harbinger Publications, 2010. Call number: [152.46 Wils](#)

DVD

Circuits of Fear: Anxiety Disorders. 52 min. Films for the Humanities & Sciences, 2002. DVD. Call number: [VC DV 616.8522 Circ](#)

Websites

<http://www.nimh.nih.gov/health/topics/anxiety-disorders/index.shtml>
Anxiety Disorders is offered by the National Institute of Mental Health (NIMH). The webpage identifies the symptoms of anxiety disorders; explains the role of research in understanding the causes of these conditions; describes effective treatments; gives advice on how to obtain treatment; and suggests ways to make treatment more effective.