Ten Best-Ever Anxiety Management Techniques

DR. MARGARET WEHRENBERG

Understanding how your brain makes you anxious & what you can do about it.

- How to manage worries about social situations and relationships
- Challenging perfectionism
- Defeating negative thinking

Join the “Mind, Body & Spirit” Coalition in a presentation by nationally renowned author, Dr. Margaret Wehrenberg.

7 p.m., Tuesday – March 3
Walls Lounge, Elaine Langone Center

Margaret Wehrenberg, PsyD, is the author of six books, including the 10 Best-Ever Anxiety Management Techniques, The Anxious Brain and her most recent, 10 Best Anxiety Busters and the Anxiety + Depression: Effective Treatment of the Big Two Co-Occurring Disorders. She blogs for Psychology Today Online, and speaks internationally on clinical psychotherapy topics.

Book sales and signing to follow the lecture.