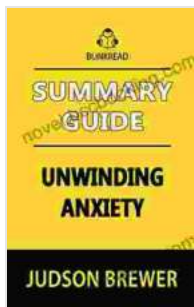


# Unwinding Anxiety: The New Science of Breaking the Cycles of Worry and Fear [Summary Guide]

By Judson Brewer, PhD

Anxiety is a normal human emotion. It's a response to stress that can help us to stay safe and avoid danger. However, when anxiety becomes chronic or excessive, it can interfere with our lives and make it difficult to function. Dr. Judson Brewer's groundbreaking research on neuroplasticity and mindfulness offers a new way to understand and overcome anxiety.



## Summary Guide: Unwinding Anxiety by Judson Brewer

(BlinkRead) by Rohan Agarwal

★★★★☆ 4 out of 5

Language : English  
File size : 658 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Print length : 42 pages  
Lending : Enabled



In his book, *Unwinding Anxiety*, Dr. Brewer explains how anxiety is a habit that we can learn to break. He shows us how our brains create anxiety and how we can use mindfulness to change our brain's response to stress. Dr. Brewer also provides a step-by-step guide to help us to unwind anxiety and take back control of our lives.

## **What is anxiety?**

Anxiety is a feeling of unease, worry, or fear. It can be caused by a variety of factors, including genetics, personality, life experiences, and brain chemistry. Anxiety can range from mild to severe, and it can interfere with our work, relationships, and overall well-being.

There are many different types of anxiety disorders, including:

- Generalized anxiety disorder (GAD)
- Panic disorder
- Social anxiety disorder
- Obsessive-compulsive disorder (OCD)
- Post-traumatic stress disorder (PTSD)

## **How does anxiety work?**

Anxiety is caused by a complex interaction of factors, including genetics, personality, life experiences, and brain chemistry. When we are anxious, our brains release stress hormones such as cortisol and adrenaline. These hormones cause our hearts to race, our breathing to quicken, and our muscles to tense up. We may also experience sweating, nausea, and dizziness.

Over time, anxiety can lead to changes in our brain structure and function. These changes can make us more likely to experience anxiety in the future. For example, research has shown that people with anxiety disorders have smaller hippocampi, which is a brain region involved in

memory and learning. They also have more activity in the amygdala, which is a brain region involved in fear and emotion.

## **How can we overcome anxiety?**

There are a number of effective treatments for anxiety, including:

- Cognitive-behavioral therapy (CBT)
- Dialectical behavior therapy (DBT)
- Acceptance and commitment therapy (ACT)
- Internal family systems therapy (IFS)
- Mindfulness
- Medication

Dr. Brewer's book, *Unwinding Anxiety*, provides a step-by-step guide to help us to overcome anxiety using mindfulness. Mindfulness is a practice that involves paying attention to the present moment without judgment. It has been shown to be effective in reducing anxiety, stress, and depression.

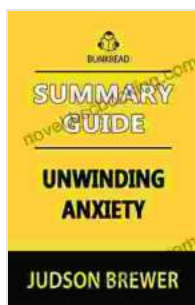
Anxiety is a common condition that can interfere with our lives and make it difficult to function. However, there is hope. Dr. Brewer's groundbreaking research on neuroplasticity and mindfulness offers a new way to understand and overcome anxiety. His book, *Unwinding Anxiety*, provides a step-by-step guide to help us to break the cycles of worry and fear and take back control of our lives.

If you are struggling with anxiety, please know that you are not alone. There is help available. Talk to your doctor or a mental health professional to learn

more about your treatment options.

## About the Author

Judson Brewer, PhD, is a neuroscientist and addiction psychiatrist at Brown University. He is the author of the book, *Unwinding Anxiety*. Dr. Brewer's research has been featured in The New York Times, The Wall Street Journal, and The Washington Post. He has also appeared on The Today Show, The Dr. Oz Show, and Good Morning America.



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