

Book review



15 Steps to Overcome Anxiety and Depression

Category: Book Reviews / Self-help

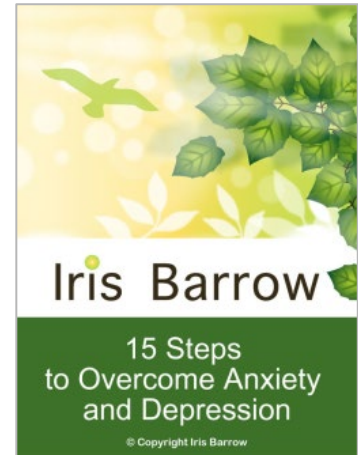
Author: Iris Barrow

Year: 2015

Publisher: Iris Barrow, NZ

Audience: Supporting Myself

Summary: A practical self-help program with techniques to maintain or achieve balance and mental health



The documented lived experiences and events in the book allowed me to see, specifically and clearly, how someone can become affected by depression and anxiety. I came away knowing about the need to ensure you have mental balance much like physical balance. Too much tension on one limb could cause it to break – there is no difference with the mind.

15 Steps to Overcome Anxiety and Depression is inspiring, it includes exercises to support someone to understand what, how and why they may be experiencing symptoms of fatigue, lack of energy, concentration, irritability, just to name a few. I also learned how, when and what steps one may need to take to overcome this exhausting condition.

Overall, the book acts as a reminder to bring you back to the basics of wellbeing – don't lose focus of the amazingly wonderful you and your needs.

Reviewed by Noradene Paniora, Maori Development Advisor at the Mental Health Foundation

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