

A no-nonsense guide on how to cope with mental-health issues

# This Is Your Brain on Anxiety

What Happens and What Helps

by Faith G. Harper, PhD, LPC-S, ACS, ACN

“As a passionate professor, counselor, and follower of neuroscience research, I strongly recommend *Unfuck Your Brain: Using Science to Get Over Anxiety, Depression, Anger, Freak-outs, and Triggers*. Dr. Harper’s writing style definitely held my attention and made me laugh many times while still informing me about some complicated neuroscience and health related topics. This book is a wonderful change from all the dry, dull, writing I usually read on a daily basis. I encourage everyone dealing with any of these issues or who is interested in becoming updated in the recent neuroscience research to purchase a copy and start reading it today.” —Allen Novian, PhD, LMFT, LPC-S, Adjunct Professor at St. Mary’s University

“Living with my mom is a pain in the ASS. She is not as cool as everyone thinks! She’s a trauma therapist. Whenever anything happened, we had to talk about it or go to family therapy so we wouldn’t get PTSD. She’s really annoying about shit like that.” — Dr. Faith’s teenage son

Our brains do their best to help us out, but every so often they can be real assholes—having melt downs, getting addicted to things, or shutting down completely at the worst possible moments. Your brain knows it’s not good to do these things, but it can’t help it sometimes—especially if it’s obsessing about trauma it can’t overcome. That’s where this life-changing book comes in. With humor, patience, science, and lots of good-ole swearing, Dr. Faith explains what’s going on in your skull, and talks you through the process of retraining your brain to respond appropriately to the non-emergencies of everyday life, and to deal effectively with old, or newly acquired, traumas (particularly post-traumatic stress disorder).

SUBJECT: Personal Growth / Psychology / Mental Health

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## Marketing Notes

1. Dr. Faith Harper is a licensed professional counselor who holds a PhD in Counselor Education and Supervision
2. An estimated 26.2% of Americans 18 and older suffer from a diagnosable mental disorder in any given year
3. Anxiety disorders are the most common mental illnesses in the U.S., affecting 40 million adults and costing over \$42 billion a year to treat

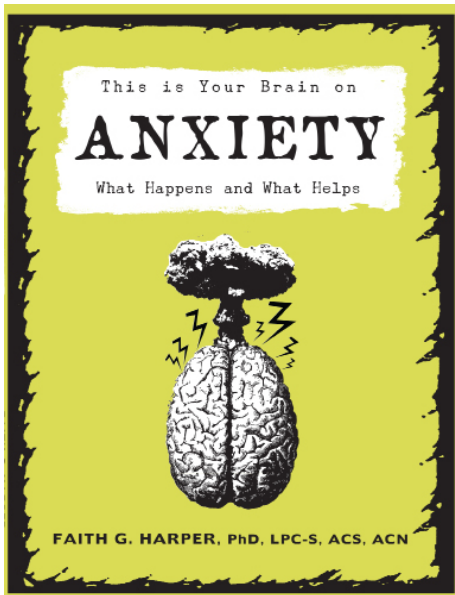
## Comparative Titles

• *Rewire Your Anxious Brain: How to Use the Neuroscience of Fear to End Anxiety, Panic, and Worry* Catherine M Pittman, PhD; Elizabeth M Karle, MLIS 9781626251137 (New Harbinger Publishing) \$16.95, 2015



**Faith G. Harper, PhD, LPC-S, ACS, ACN** is a bad-ass, funny lady with a PhD. She’s a licensed professional counselor, board supervisor, certified sexologist, and applied clinical nutritionist with a private practice and consulting/training business in San Antonio, TX. She has been an adjunct professor and a TEDx presenter, and proudly identifies as a woman of color and uppity intersectional feminist. She is the author of several highly popular “five-minute therapy” zines on subjects such as anxiety, depression, and grief.

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