	Acknowledgments vii
	Introduction: The Pathways of Anxiety 1
	Part 1 Anxious Brain Basics
1	Anxiety in the Brain
2	The Root of Anxiety: Understanding the Amygdala
3	How the Cortex Creates Anxiety
4	Identifying the Basis of Your Anxiety: Amygdala, Cortex, or Both?
7	Part 2 Taking Control of Your Amygdala-Based Anxiety
5	The Stress Response and Panic Attacks 81
6	Reaping the Benefits of Relaxation

Rewire Your Anxious Brain

7	Understanding Triggers
8	Teaching Your Amygdala Through Experience 125
9	Exercise and Sleep Tips for Calming Amygdala-Based Anxiety
	Part 3
	Taking Control of Your Cortex-Based Anxiety
10	Thinking Patterns That Cause Anxiety 157
11	. How to Calm Your Cortex
	Conclusion: Putting It All Together to Live an Anxiety-Resistant Life
	Resources
	References 205