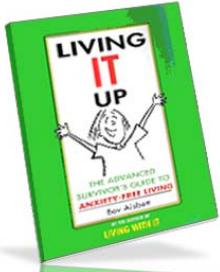




LIVING WITH IT *A survivor's Guide to Panic Attacks*

The ever popular 'LIVING WITH IT' has now sold over 500,000 copies within Australia and New Zealand and is translated into four foreign languages. This book is seen as a standard text for sufferers in the early stages of anxiety.

Using a unique cartoon format, the book assists with the understanding of the nature of anxiety and provides the crucial first steps to regaining control and building recovery. This easy to understand guide is both reassuring and informative, whilst disarming and soothing the reader with gentle humour.



LIVING IT UP *The Advanced Survivor's Guide to Stress-free Living*

LIVING IT UP, the first sequel to 'LIVING WITH IT', takes the reader to the next stage of recovery by exploring stressful situations such as social issues, criticism and change providing new approaches designed to improve confidence in handling unsettling events, thus reducing the impact of anxiety even further.

**ALL BOOKS
RRP \$19.95**

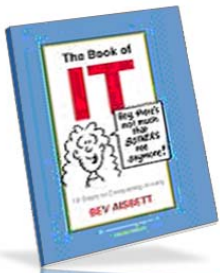


LETTING IT GO *Attaining Awareness out of Adversity*

The third sequel, 'LETTING IT GO' moves into more philosophical areas through redefining situations which may be seen as adverse and thus, anxiety-provoking. This book guides the reader into a greater acceptance and understanding of the more unsettling aspects of life and encourages a more spiritual perspective of the ups and downs of life.

THE BOOK OF IT *Ten Steps to Overcoming Anxiety*

'THE BOOK OF IT' is based on the ten steps to overcoming anxiety which comprise the principles which form the basis of Bev's workshops which she has presented to sufferers for the past ten years.



The materials in the BOOK OF IT provide a clear and concise overview of the methods which have consistently proven to be a turning point for sufferers of anxiety seeking the path to recovery.

TAMING THE BLACK DOG *A Guide to Overcoming Depression*

As with her anxiety books, Bev's light-hearted and accessible approach provides both insight and comfort to sufferers and is consistently recommended by health professionals to patients as a classic and informative self help text.



**Harper Collins Publishers
Available at major book stores**

The IT KIT

The IT KIT is specifically designed to provide comprehensive assistance to sufferers of anxiety and depression regardless of location or situation. The IT KIT provides a home study version of Bev's proven and effective recovery program, which she has facilitated through the Anxiety Disorders Association of Victoria since 1998.

Based on five weekly sessions, the IT KIT provides a step by step guide to all aspects of anxiety as well as solid and common sense strategies to assist sufferers to reclaim the power and insight to steer their own recovery, with or without outside counselling assistance.

The kit is comprised of Bev's audio presentation and a 128 page manual of supporting materials including exercises, logs, tips, revisions, diagrams and affirmations designed to assist comprehension, provide solutions, promote self regulation and build confidence through application.

The IT KIT materials are based on the proven and effective strategies of Bev's workshops which have now assisted over 1000 sufferers in the past decade and which have been endorsed by both health professionals and government agencies.

The IT KIT is available from Itzokeh Productions : email itzok@netSPACE.net.au.

RRP \$189 including GST plus postage and handling of \$15. Web: www.bevaisbett.com



**THE IT KIT
\$189.00 incl. GST
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