The Anxiety Coach

My Top 10 Anxiety Books

My mission is to help as many people find fast and effective solutions to understand and master their anxiety.

I have read literally hundreds of books on anxiety. Some are excellent, some are good but some a grounded in very little and can be branded pseudo-science.

Every book I recommend is excellent and trustworthy so I want to save you the huge amount and fast track you straight to the best books.

1. Best overall anxiety book: How to Master Anxiety by Joe Griffin & Ivan Tyrell
2. Best for worrying: The Worry Trick by David Carbonell
3. Best for mindfulness: Wherever You Go, There You Are by Jon Kabatt-Zinn
4. Best for simple info about the brain: The Chimp Paradox by Steve Peters
5. Best for more in-depth info about the brain: Thinking Fast and Slow by Daniel Kahneman
6. Best for the mid life crisis: The Middle Passage by James Hollis
7. Best for emotional regulation: Emotional Intelligence by Daniel Goleman
8. Best for procrastination: Four Thousand Weeks by Oliver Burkeman
9. Best for forming good habits: Atomic Habits by James Clear
10. Best for personal stories: Feel the Fear and Do It Anyway by Susan Jeffers