

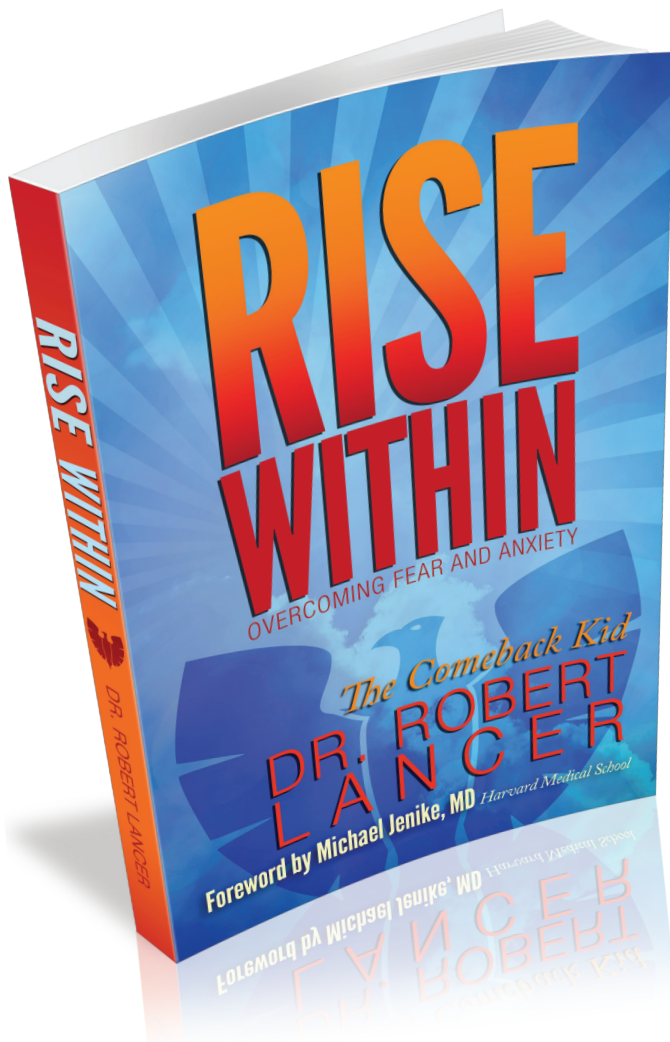
OVERCOME FEAR & ANXIETY NOW

RISE WITHIN *Overcoming Fear and Anxiety* by Dr. Robert Lancer

Dr. Robert Lancer founded the New York Center for OCD and Related Anxiety Disorders (NYOCD.com) in 2005. He has worked with school-aged adolescents and children for over a decade. As such, Dr. Lancer understands the need to treat each person as an individual, providing treatment that both builds on people's strengths and bolsters their deficiencies. With this in mind, Dr. Lancer has created strategies to not only treat OCD and Anxiety disorders, but also to empower youth through Skillsshops that focus on developing confidence, resilience, emotional intelligence, and positive mindset.

As a New York State Licensed Psychologist, he successfully uses cognitive and behavioral therapy to treat OCD, anxiety, and depression. He has also conducted extensive research on the powerful influence exercise has on the effects of OCD, anxiety, and depression, publishing one of the first pilot research studies on the topic in 2007 in the ABCT Journal. During his research, he found overwhelming conclusive evidence that aerobic exercise can have a substantial impact on the decrease of OCD symptoms, anxiety, and depression.

Dr. Lancer is a recognized expert in his field and has spoken nationally and internationally on the topics of OCD, anxiety, and depression at various mental health conventions. Most recently, he has keynoted for the group Aspire (Nassau County School Social Workers).



Rarely do I read a book that is so full of pearls of wisdom.... We are all looking for a purpose either consciously or unconsciously. This book serves as a vibrant blueprint for how one finds purpose. There is innovative material here that is not available in other books.

—Michael Jenike, MD Harvard Medical School

Dr. Rob Lancer has mastered the craft of creating strategies, techniques, and solutions to helping others successfully overcome fear and anxiety. He strongly believes that our future leaders are reachable, teachable, and redeemable. His style and his passion will be sure to reach not only your mind but your heart.

—Les Brown, World Renowned Inspirational Speaker

DR. ROBERT LANCER, NYS Licensed Psychologist

TEL 516 | 592 1686

10 Grand Avenue

EMAIL DrRobLancer@gmail.com

Rockville Centre, NY 11570

www.DrRobLancer.com

THE WARRIOR WITHIN

The people who seek out treatment for their anxiety and depression are the real warriors. They are the ones who stretch beyond their comfort zone and attempt to change their life. This chapter helps readers understand that anyone can suffer in silence, but only warriors take action.

YOU HAVE A PURPOSE

Everyone has a “why”—a purpose in life. What is yours? This chapter helps readers understand why having a “why” is so vital to overcoming anxiety and depression.

DEVELOP YOUR WHY

The core of a personal “why” is achieved through a deep introspection of your values, beliefs, and mindset. The creation of your personal “why” is simplistic in theory but the formulation and process behind a strong versus weak “why” is how much meaning is attached to it. This chapter helps readers develop their “why.”

PERSEVERE THROUGH THE PAIN

Everyone has fears. Dealing with adversity inevitably requires some action or some change to cope with and address difficult circumstances. Perseverance is the key. This chapter helps readers harness their perseverance so they can escape “comfort zone living.”

HARNESS THE POWER OF OPTIMISM

Difficult times create moments in which self-doubt, pessimism, and uncertainty creep in, which puts us in a negative mindset. But we all have the choice on how we handle difficulties in life. This chapter helps readers remember that you are capable of getting past this bump in the road.

MAINTAIN A VICTORIOUS MINDSET

A victorious mindset is developed when we conquer a fear, break through a self-limiting belief, or when we realize that our greatest fear is not that we are inadequate but that we are great beyond our measure. This chapter helps readers understand why a victorious mindset is so important and how to develop one.

OVERCOME ADVERSITY

Don't let your adversity define you. Don't ever fall into the trap of mistaking your anxiety, fear, or depression as a character flaw or as indication of your true personality. This chapter helps readers understand that one of the main factors that will keep you driving toward your goal is to always remember that how you feel is only a temporary setback for a stronger comeback.

EMBRACE YOUR FEAR

You have to embrace your fear and realize it is a process you go through in order to learn not who you are, but the person you have the full potential to become. This chapter helps readers harness their fear so it can be their guide. The key is to let the fear sharpen your sword and keep you on your toes. Know that fear will help you learn how courageous you are, how confident you will become, and how you give yourself the ultimate prize of unconditional self-acceptance.

PAIN IS TEMPORARY

Greatness can be found in the darkest and toughest of times. Just as positive and upbeat times teach us lessons, so do the times in which we struggle. Learning from these times is essential. This chapter helps readers understand that the pain they feel today is not permanent and gives suggestions for overcoming their mental pain.

DANCE WITH FEAR

Dancing with the fear goes against our natural born instinct to run from danger. You can run and attempt to avoid facing the fear, but the problem is that fear exists within your mind. So you can live a life avoiding and dodging all your fears, or you can make a conscious choice to live free. This chapter helps readers understand that living free is not easy, but it is the option that provides you with the greatest ability to strive and accomplish what you were put on this earth to do.

LEARN TO LIVE WITH UNCERTAINTY

Uncertainty is within all of us. It is just that some people tolerate it better. The greater you struggle to gain control and certainty, the more likely it is that you will find yourself entering into a downward spiral fueled by anxiety. This chapter helps readers put uncertainty into perspective so they can live with it better.

FIGHT THE INSIDE BATTLE

Emotion has the power to move millions into action and at the same time paralyze that group into a stagnant state. This chapter helps readers understand how their emotions can help or hinder their quest to free themselves from anxiety.

MAINTAIN POSITIVITY

The more you practice maintaining positivity, the more positive momentum you will develop. Momentum is a major factor in overcoming not only your fears, anxieties, and doubts, but also in creating an overall positive life for yourself. This chapter helps readers understand the importance of positivity on their journey.