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Help For Anxiety

He is author of the best-selling Anxiety & Phobia Workbook, which has sold over a million copies worldwide. Other books by Dr. Bourne on the topic of anxiety include: Healing Fear, Beyond Anxiety & Phobia, Coping With Anxiety, and Natural Relief for Anxiety. These books have been translated into over a dozen languages and have reached hundreds of thousands of people.

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Social Anxiety Disorder A Societal Problem with a

SAD Is About Social Situations. Social Anxiety Disorder, also referred to as Social Phobia (SP), is an anxiety disorder that is based around an overwhelming concern about being judged negatively by others when in a social situation (Byrow & Peters, 2017).

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Frequently Asked Questions Anxiety and Mood Disorders

Anxiety is a natural response to a stressful or dangerous situation. The body reacts to a situation with a racing

heart, sweaty palms and shortness of breath.

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General Anxiety Psychology Solution

GENERAL ANXIETY often referred to as Generalised Anxiety Disorder (GAD) can be considered an almost constant worry about things that might go wrong, and the person shifts from one worrying thought to another.

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