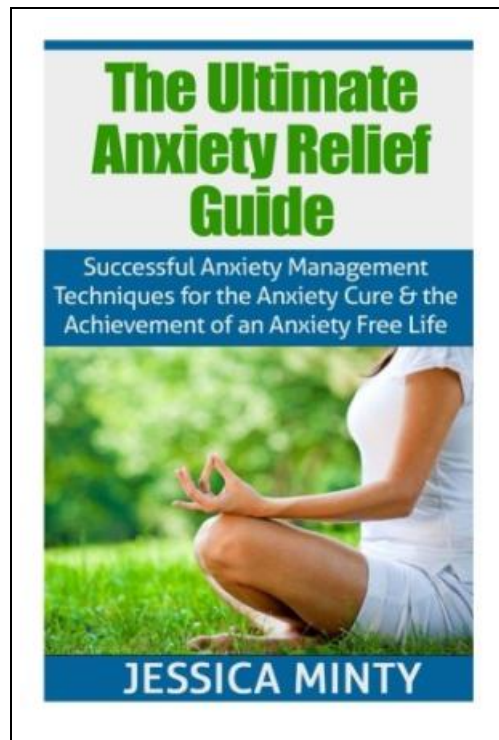


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Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English. Brand new Book. Anxiety Has No Place In Your Life. Conquer it! It's normal to feel afraid and worried. In fact, harboring apprehensions is an essential trait needed for our very survival as humans. Ideally, knowing what we are afraid of is supposed to help us pay close attention to the problem at hand and devise solutions to address it right away. However, it's an entirely different thing when these same fears and insecurities begin to get the better of us. Anxiety comes about when we lose control of our fears. It becomes particularly troublesome when we cease to function well, if at all, because of our inability to pull ourselves together. As such, it is necessary to identify the factors that lead to anxiety, as well as the different strategies and techniques that can be used to overcome its debilitating effects. Here Is A Preview Of What You'll Learn. Defining Anxiety and Its Role in your LifeUnderstanding the Triggers and Risk Factors that Cause Anxiety DisordersDetermining the Physical, Emotional and Behavioral Manifestation of AnxietyProbing the Effects of Anxiety on Your Personal and Professional LifeAltering Negative Thought Patterns through Professional HelpModifying Your Day to Day Lifestyle to Free Yourself from Anxiety "Nicely written book on anxiety relief. Great advice, tips, and ideas about how to manage different forms of anxiety. Also talks about perfectionism, and time management. I would recommend this book!" - magfan "This book by Jessica Minty explained anxiety in a way I have not heard before. She talked about anxiety management techniques that are actually quite effective in lowering anxiety levels. She talks about altering negative thought patterns, which is a new way that I had never thought of." - John "This book has helped...



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