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## The Ultimate Anxiety Relief Guide: Successful Anxiety Management Techniques for the Anxiety Cure and the Achievement of an Anxiety Free Life (Paperback)

By Jessica Minty

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 Life Understanding the Triggers and Risk Factors that Cause Anxiety Disorders Determining the Physical, Emotional and Behavioral Manifestation of Anxiety Probing the Effects of Anxiety on Your Personal and Professional Life Altering Negative Thought Patterns...



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