

[Download] The 10 Best-Ever Anxiety Management Techniques: Understanding How Your Brain Makes You Anxious and What You Can Do to Change It (Second)



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A much-anticipated update to the classic personal road map, full of strategies to understand, manage, and conquer your stress. Do you feel a tightness in your chest and a racing heart anytime you have to speak up for yourself, whether in a large group or small? Does the very idea that others could perceive you as looking uncomfortable or frightened make those symptoms even worse? Do you vigilantly avoid potential panic triggers, and always think the worst is bound to happen? If so, you may be one of the 40 million Americans who suffer from anxiety. Symptoms run the gamut from mildly embarrassing but tolerable to persistent and debilitating. While feelings of worry, dread, panic, social unease, and general anxiety are common, their impact is insidious, leaving sufferers feeling worn out and often hopeless. This book is your answer. Drawing on fresh insights into the anatomy of the anxious brain, Dr. Wehrenberg gets to the biologically based heart of the problem and offers readers practical, effective tips to manage their anxiety on a day-to-day basis. From diaphragmatic breathing and self-talk, to mindfulness, muscle relaxation, and "plan to panic" strategies, you can learn to train your brain, conquer your stress and anxiety, and regain control of your life.

CONTINUE ►

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