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Createspace, United States, 2012. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.Do you find yourself struggling with constant feelings of fear, worry, and dread just facing each day? Do you frequently tell yourself to buck up, only to find that the attempt is impossible? Do you blame yourself for your failed efforts and feel you ll never overcome your tirelessly chattering and obsessive mind? Anxiety affects 40 million Americans every year, and the numbers aren t getting better. Many anxiety sufferers feel cursed by their overwhelming fears. Eventually, many become physically depleted from the side effects of anxiety, including insomnia, muscle tension, heart palpitations, headaches, and digestion problems, among others. The good news is that there are a multitude of ways to address anxiety and ease its effects on your mind and body. Many artists, public figures, scientists, and others have learned to manage their anxiety and to transform all of that negative energy into success. You can too! Inside **Turning Stress into Success: Understanding, Managing, and Overcoming Anxiety, Panic Attacks and Panic Disorder**, you ll come to understand what anxiety, panic, worry, and fear mean in your life and how to address each. You ll learn different mental and physical strategies that can alleviate stress and bring your mind back to focus. You ll also look at the different schools of psychology and how to choose a psychologist or therapist that can help you on your journey to become anxiety-free. And lastly, you ll learn about how nutrition and physical health can turn your body and your mind around. You don t have to live behind a wall of fear anymore. Pick up **Turning Stress into Success: Understanding, Managing, and Overcoming Anxiety, Panic Attacks and Panic Disorder** today,...

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