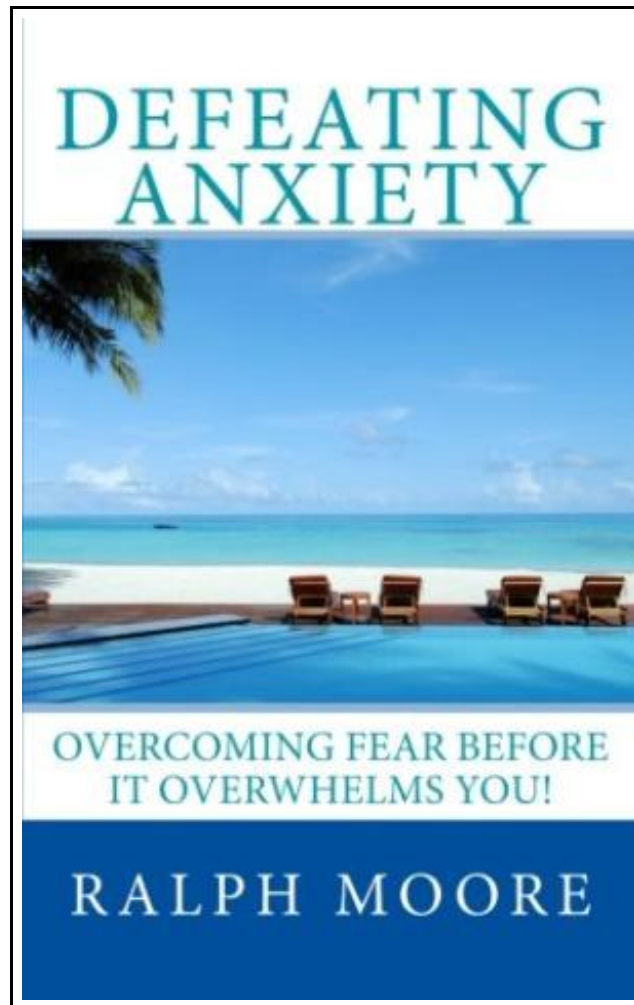


## Defeating Anxiety (Paperback)



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Straight Street Publishing, 2013. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Are you desperate to win your battle against anxiety? You re not alone, more than one in four Americans wrestles with anxiety. It is now our most treated emotional disorder. Are you hassled by fears, worry or panic attacks? Do you toss and turn at night unable to shut your mind off long enough to fall asleep? Do you suffer panic over your health, job, family, money, or relationships? Do you war against timidity, self-doubt or general feelings of insecurity? The truth is that these feelings are mostly rooted in fiction. You ve learned to believe that the worst possible outcome is the only outcome. Trading those fears for reality is a major goal of this book. Do others make you feel guilty for taking medications that get you through your day? Or do you somehow feel weak for needing outside help to treat anxiety and depression? Could you use a dose of humor and practical tools to help you relieve anxiety? Would you like to learn how to talk-back to your doctor in order to get the help you need? Would you benefit from simple tips for re-gaining sleep? Want to know how to keep multi-tasking from making you crazy? Need a couple of simple tricks for calming your nerves while driving? Are you hoping to forsake fear as a life partner? Would you like to stop thinking the world is about to fall apart? Could you use a few simple spiritual devices that teach you how to remove pressure from everyday living? This short book bristles with help. Having struggled through major anxiety issues Ralph Moore offers practical tools to help you defeat the monster. His helps range from medical, to...



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