



Living Well with Anxiety: What Your Doctor Doesn't Tell You... Tha (Living Well (Collins))

Carolyn Chambers Clark

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A Comprehensive, Holistic Guide to the Conventional Medical and Self-Care Treatments for Anxiety Disorders

In a world that values excess, the pressure to succeed never ends. As a result of our fast-paced and high-stakes society, anxiety can take over our lives.

For approximately 20 million American adults a year, anxiety symptoms such as dizziness, stammering, heart palpitations, trembling, and shaking can be extremely debilitating. Unlike other books on anxiety, this book offers a holistic program that includes not only conventional psychiatric and psychological treatments, but also provides nutrition, fitness, environmental, herbal, stress reduction/healing, and relationship self-care approaches.

Living Well with Anxiety contains helpful advice for a wide range of anxiety disorders: social anxiety disorder, panic disorder, obsessive compulsive disorder, and various phobias. With a comprehensive resource section that contains relevant websites and e-mail addresses, audiocassettes and CDs for relaxation, and descriptions of related books, this book provides vital help for anyone experiencing anxiety.

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Michael Clark:

Information is provisions for people to get better life, information currently can get by anyone on everywhere. The information can be a information or any news even a problem. What people must be consider whenever those information which is in the former life are hard to be find than now's taking seriously which one is acceptable to believe or which one typically the resource are convinced. If you find the unstable resource then you understand it as your main information there will be huge disadvantage for you. All of those possibilities will not happen inside you if you take Living Well with Anxiety: What Your Doctor Doesn't Tell You... Tha (Living Well (Collins)) as your daily resource information.

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