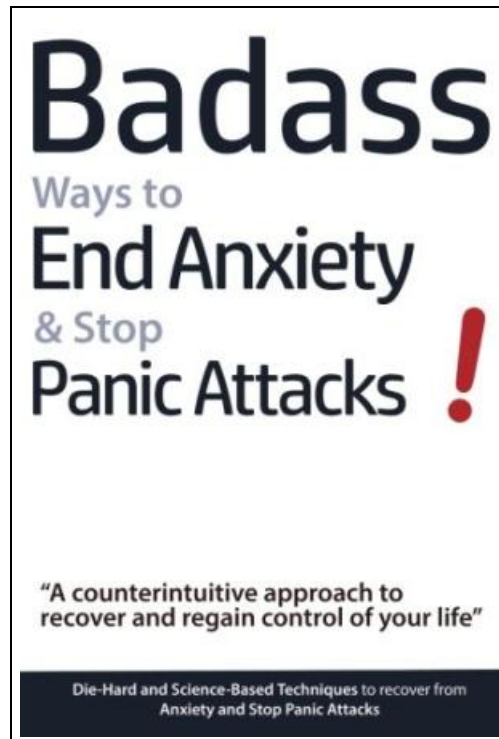


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GVPublishing. Paperback. Condition: New. 220 pages. Dimensions: 9.0in. x 6.0in. x 0.5in. Managing your anxiety and panic attacks belongs to the past. Its time to recover. Most people who suffer from anxiety and panic attacks are told by their well-meaning friends, doctors, therapists and psychiatrists to manage their anxiety. Some are prescribed pills in an effort to calm their anxiety down. Breathing techniques, mindfulness and more are advised as well. Needless to say, that isnt a very effective approach, and it never was. Anxiety and panic attacks require a different strategy, a counterintuitive one. Left uncontrolled, anxiety tends to grow more and more because our amygdala (the anxiety center of our brain) becomes hyperactive and sees more and more to worry about. This book will uncover science based and counterintuitive techniques that are designed to end unwanted anxiety and to stop panic attacks. They have been tried and tested both by the author Geert Verschaeve (who suffered from generalized anxiety and panic attacks for fourteen years) and the thousands of people who suffered from anxiety he has helped ever since. The goal of this book is simple: Youll get step-by-step plans on how to respond and what to think in the anxious situations that still frighten you. Youll learn how to overcome fear of the fear and anticipatory anxiety. Well look at the different sensations anxiety can give to your body and how to deal with them. Youll get a list of ingredients to avoid that increase anxiety and can cause panic attacks. Youll discover how to stop checking in all the time, so you can get on with your life. The recovery comes in four stages: The first stage you will reach is the one where your intolerance to anxiety will be gone. Youll be participating in whatever it is...



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