



Living Well with Anxiety: What Your Doctor Doesn't Tell You... That You Need to Know (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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Toni Sargent:

In this era which is the greater person or who has ability to do something more are more special than other. Do you want to become certainly one of it? It is just simple method to have that. What you are related is just spending your time not much but quite enough to have a look at some books. On the list of books in the top record in your reading list is definitely Living Well with Anxiety: What Your Doctor Doesn't Tell You... That You Need to Know (Living Well (Collins)). This book which can be qualified as The Hungry Hills can get you closer in turning out to be precious person. By looking way up and review this guide you can get many advantages.

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