



Conquering Anxiety And Panic Attacks!: The Ultimate Anxiety Solution and Self Help Book

James L. Shepard

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There are many different types of anxiety disorders and lots of reliable treatment options and self-help techniques. As soon as you comprehend your anxiety disorder, there are steps you can take to lower your signs and gain back control of your life. Types of Anxiety Disorders Social stress and anxiety condition: Also called social fear, social stress and anxiety condition includes frustrating concern and self-consciousness about daily social situations. Generalized anxiety condition: This disorder involves extreme, unrealistic worry and stress, even if there is little or nothing to provoke the anxiety. "The difference between a stress and anxiety condition and simply having regular stress and anxiety is whether your emotions are causing a lot of suffering and dysfunction. Post-traumatic Stress Disorder (PTSD) might follow a serious injury such as a major attack or lethal mishap. On this book were going to explore this problem(s) in depth and present to you working solutions or recommendations how to remedy the different types of Panic and Anxiety Disorders by yourself! That's right, you get to fix yourself! ===== TABLE OF CONTENTS ===== WHAT IS ANXIETY? EXACTLY WHAT IS ANXIETY DISORDER? TYPES OF ANXIETY DISORDERS EXACTLY WHAT IS WORRYING? TREATMENT OPTIONS Cognitive behavioral therapy (CBT) HYPNOSIS Sleeping Problems Phobic Reactions SIGNS AND SYMPTOMS OF ANXIETY DISORDER GENERALIZED ANXIETY DISORDER Physical indicators and signs may consist of... The primary symptoms of PTSD are EMOTIONAL BEHAVIORAL COGNITIVE RECOMMENDED TREATMENTS Sedona Method General Advantages aside from removing worry emotions include: THE BEST WAYS TO RELEASE Just decide to let it go Dissolve it Holistic Release Resist Nothing Emotional Freedom Technique (EFT) The Body's Energy System It's Important to Stay Focused on the Problem While Tapping EFT Points What happens in a typical EFT session? Tapping on Physical Sensations

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Ida Resler:

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Jose Batey:

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