The Self Help Guide for Anxiety Relief: Discover 6 Proven Anxiety Relief Techniques That Work: Understand How Your Brain Works and How to Manage Anxiety for a Healthy Mind and Body
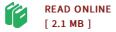
By Paula Miller

Speedy Publishing LLC, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.Is stress killing you day by day? The Self Help Guide for Anxiety Relief is a practical self help guide that can help you manage stress and anxiety. Break free from the unwanted effects of anxiety with simple yet effective anxiety management techniques from professionals in the field of psychology. Break free from worry and start living a healthy life! This practical self help guide will provide you 6 areas of focus to manage anxiety: o Understand how anxiety relief starts from the brain o Learn what mindfulness with shifting awareness is o Learn how breathing can help release anxiety o Learn how to manage your thoughts o Learn how to stop worrying o Learn how to manage your activities to reduce stress Make it easy for yourself. Stress is a silent killer. Overcoming Anxiety is something that we have to learn. While meditation, breathing and yoga can be a very effective technique, there is still more to learn in your journey to battle the killer within.

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