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Anxiety: How to Overcome Your Anxiety for Good (Life Simplified)

Gillian R. Sullivan, Life Simplified

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Anxiety: How to Overcome your Anxiety for Good

Looking to Defeat your Anxiety and Don’t know How to do it?

No matter who you are, where you work, who you know, how many friends you have, how you grew up, or how happy you are with your life, there is no way that you could live without being exposed to anxiety. It’s in movies, it’s talked about in song, it’s a major character trait and plot point, and most importantly; it’s a part of everyday life. In the United States, the most commonly diagnosed mental illnesses are anxiety disorders. They touch 40 million adult lives in the United States. That is roughly 18% of the population as a whole. So if anxiety and anxiety disorders are so common, then why are you here looking for information? Because it is such a common thing, you would think that information about anxiety would be easy to find. To an extent, it is, you just have to know where to look. Though anxiety disorders and problems are incredibly easy to treat, only one third of those that suffer from them are treated in any way. The problem with anxiety is the misinterpretation of its symptoms and what they mean. People that suffer from anxiety are three to five times more likely to visit their doctor to report their symptoms, but they’re also six times more likely to end up hospitalized for psychiatric disorders than those that do not suffer from anxiety. My best friend and I have both had extreme cases of anxiety and I am proud to say that I have helped us both conquer it.

Most people that have high anxiety levels find themselves worrying over little details that most people would find insignificant or small. Sometimes, it can even get so bad that the more you try to fight it, the stronger your anxiety becomes. In this book, I’ll break everything down and explain why anxiety occurs. I’ll also provide proven solutions to end this horrible feeling.

Also, you’ll discover..

The Reasons behind Extreme Cases of Anxiety
How to Fight Anxiety in the Heat of the Moment
Overcoming Anxiety for the Long Term

And much more!

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