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## Anxiety: Panicking about Panic: A Powerful, Self-Help Guide for Those Suffering from an Anxiety or Panic Disorder (Paperback)

By Joshua Fletcher

Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Anxiety Panicking about Panic is a revolutionary, self-help book for people who suffer from the various symptoms of anxiety. The book acts as an informative guide and draws from the experiences of author and counsellor, Joshua Fletcher, who lived with anxiety disorder for years before successfully overcoming the condition. The book is tailored for people who are: experiencing panic attacks, feeling abnormally anxious, ruminating about health, anticipating further panic attacks and questioning why anxiety is present in the first place. Anxiety Panicking about Panic provides quick, easy to access advice and practical strategies, which aim to educate the reader to simplify their world of anxiety in order to successfully tackle it. This book is particularly tailored for people who can associate with the conditions of: - Anxiety - Anxiety Disorder - Generalized Anxiety - Panic Disorder - Agoraphobia - Health Anxiety - Panicking for no reason - Panic Attacks (and anxiety about them happening again).



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