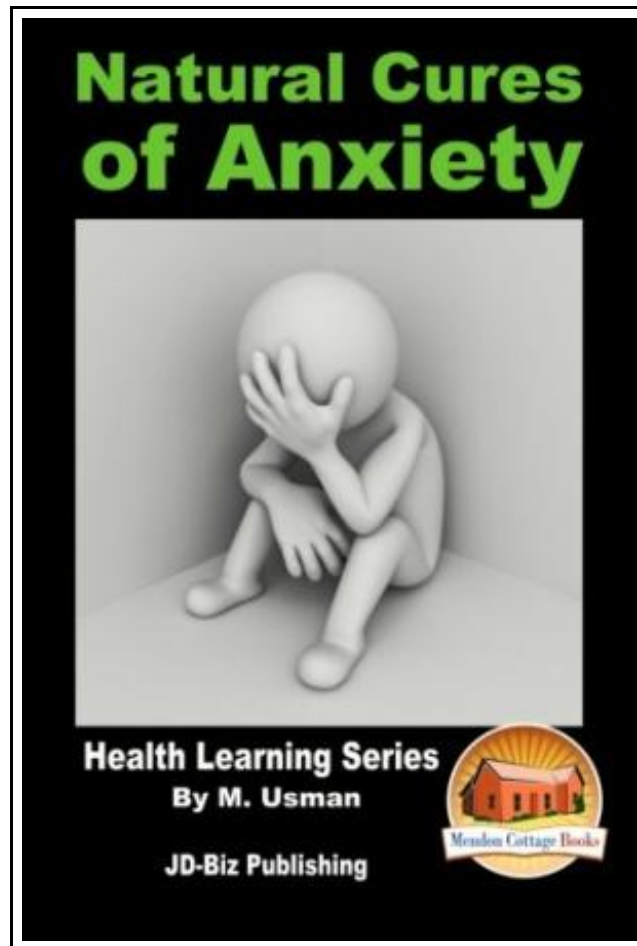


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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Natural Cures of Anxiety Table of Contents Preface Warning Shots Chapter # 1: Overview Chapter # 2: Physiological Symptoms of Anxiety Chapter # 3: Physical Symptoms of Anxiety Chapter # 4: Causes of Anxiety Disorders Chapter # 5: Types of Anxiety Disorders Generalized Anxiety Disorder Chapter # 1: What is it? Chapter # 2: Symptoms of GAD Chapter # 3: Treatment Obsessive-Compulsive Disorder Chapter # 1: What is it? Chapter # 2: Symptoms of OCD Chapter # 3: Treatment Phobia Chapter # 1: What is it? Chapter # 2: Symptoms of Phobia Chapter # 3: Treatment Social Anxiety Disorder Chapter # 1: What is it? Chapter # 2: Symptoms of SAD Chapter # 3: Treatment Post-traumatic stress disorder Chapter # 1: What is it? Chapter # 2: Symptoms of PTSD Chapter # 3: Treatment Conclusion References Preface Anxiety, what is it? The common perception of anxiety is a disorder that keeps a person all tense and worried. The reality however is quite different; Anxiety is not itself a disorder, it is a universal term used for a collection of disorders that cause fear, nervousness, worrying, apprehension, etc. These may sometimes be combined with physical symptoms that include shaking, sweating, chest pains and headaches. Anxiety is not a disease or an epidemic but is a natural response to certain events; for example you may feel anxious on a roller-coaster or when you re trying to finish a test in the last few minutes. Therefore, no one is immune to anxiety; anyone can have a sudden anxiety attack and experience symptoms of anxiety. Many people are not always under the effect of anxiety but experience sudden jitters or anxiety attacks. Initially...

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