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Natural Cures of Anxiety

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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 anxiety is not dangerous but it can become a problem when you start to feel anxious for no reason. This is the first sign of danger and if left unattended can cause problem that can disrupt your entire social and professional life. "Reading, learning and even thinking about tackling anxiety will make you more anxious." - Unknown Right now and right here, it should be clear to you that this is an entirely false and ridiculous myth and believing it would do you no good. If you don't know what you're dealing with how are you supposed to counter it? So do not let this thought become a hurdle in managing anxiety. In this book you'll learn how to counter every disorder associated with anxiety and you'll learn to do it naturally! Therefore, just relax and get ready to get all that uninvited anxiety right out of your system.

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