

## Overcoming Anxiety Reassuring Ways To Break Free From Stress And Worry And Lead A Calmer Life

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Overcoming Anxiety: \* Provides practical strategies and techniques to manage your anxiety \* Discusses how to break free from negative cycles and move forward in a positive way \* Contains real-life examples from anxiety sufferers \* Explores what it takes to handle immediate anxiety events and longer term, low-level background' anxiety and worry About the Author Gill Hasson is the bestselling ...

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While the cycle of anxiety is, indeed, vicious, breaking even one link can go a long way to diminishing worry and the anxiety to which it leads. If you or a loved one are struggling with anxiety, contact the Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline at 1-800-662-4357 for information on support and treatment facilities in your area.

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Overcoming Anxiety explains how to manage anxiety and stop it from taking over; it teaches you the skills you need to lead a more peaceful, stress-free life. Overcoming Anxiety: Provides practical strategies and techniques to manage your anxiety; Discusses how to break free from negative cycles and move forward in a positive way

**How to Snap Out of the Anxiety Cycle and Overcome Worry**

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Overcoming Anxiety highlights the importance of reaching out and connecting with other people, outlining what family and friends can do to help. Hasson stresses the significance of having positive people around, explaining that "how other people respond to you can make quite a difference to how you feel about yourself- to your confidence, self-esteem and your ability to manage anxious ...

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