



How to Stop Your Anxiety Now: Transforming Fear and Worry Into Peace and Power

By David Larson

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Paperback. 200 pages. Dimensions: 9.0in. x 6.0in. x 0.6in. A course filled with anti-anxiety strategies from one of the nations leading anxiety treatment psychologists. Heres a sampling of what Larson shares with you: The 3 most common reasons people fail to overcome their anxiety, and what to do to instead. Six sure-fire techniques for ending the energy-draining pattern of worry in your life. The one thing to do immediately when you feel a panic attack coming on, and 10 skills to end your panic permanently. How to halt disturbing body reactions like heart palpitations, difficulty breathing, the urge to run, the sweats, or stress induced headaches and body pains. Eighty-five ways to say No without feeling guilty. How to prepare for a date or an important meeting so you show up poised, relaxed, and in charge. Five things you can start doing today to have confidence in your performance at work tomorrow. How to create inner peace in 60 seconds or less. Four steps to end obsessive thinking immediately. A special technique to make your next trip to the dentist fun. Conversation hints so you can function...

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