



# **Surviving Anxiety: How to Reduce Stress, Overcome Anxiety, and Stop Anxiety Attacks**

*Edward C. Wilson*

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## Anxiety Relief

Anxiety is normal. It is normal in that it helps you to adapt. Anxiety is also abnormal, causing millions of people around the world tremendous suffering.

If you think that you might be suffering from anxiety disorder, you might be wondering what the best course of treatment is for you. This book will help you understand and overcome anxiety.

**By reading this book you'll learn:**

- **What anxiety really is**
- **The difference between stress and anxiety**
- **Breathing and meditation exercises to get your anxiety under control**
- **A healthy diet to boost your mood**
- **Myths about anxiety that need to be debunked**

Because people suffering from anxiety tend to deny the condition or wait it out, anxiety often goes untreated, and very often misdiagnosed. This book will not only introduce you to anxiety disorder, but give you practical steps that you can take to control it.

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