



Anxiety: A Self-Help Guide to Feeling Better (Personal Health Guides)

Wendy Green

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This easy-to-follow book explains how psychological, genetic and dietary factors can contribute to anxiety, and offers practical advice and a holistic approach to help you deal with the symptoms. It covers how to replace negative thoughts and behavior with positive ones, manage stress and relax to reduce symptoms, choose beneficial foods and supplements, and find helpful organizations and products.

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