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ANXIETY: How to overcome Anxiety and shyness, free from stress, build self-esteem, be more social, build confidence, cure panic attacks in your life

Ryan Smith

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In this book we are going to look at the different categories and causes of anxiety in order to help you overcome them. Each person’s situation is different, the symptoms do not always overlap, and perhaps for you they are all concentrated in one aspect. We will be explaining everything in order to help you closely understand the causes of your anxiety. Whether that’s being surrounded by crowds, talking to an audience, or being in social environments.

Here Is A Preview Of What You'll Learn...

- What is anxiety?
- What are the best anxiety management techniques?
- How does exercise relax you?
- How to cope with panic attacks?
- Who attracts anxiety?
- How to be assertive?
- What medication to be taken?
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