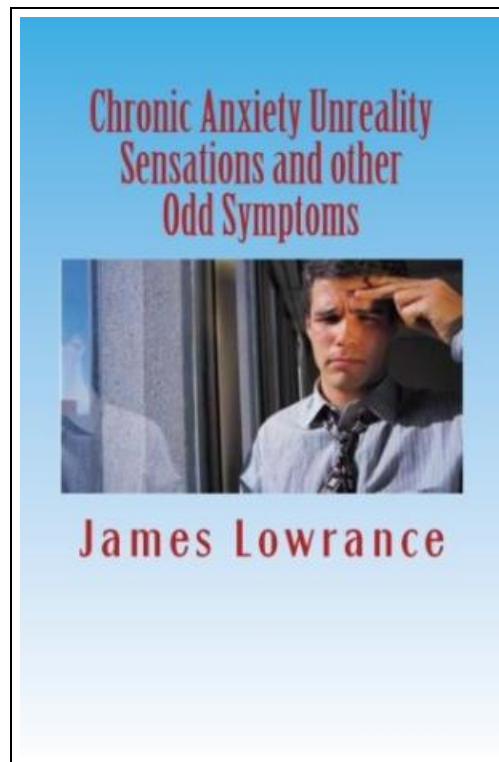


## Chronic Anxiety Unreality Sensations and Other Odd Symptoms: The Bizarre Manifestations of Panic and Disordered Anxiousness



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***(Blair Monahan)***

## CHRONIC ANXIETY UNREALITY SENSATIONS AND OTHER ODD SYMPTOMS: THE BIZARRE MANIFESTATIONS OF PANIC AND DISORDERED ANXIOUSNESS




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Createspace, United States, 2011. Paperback. Book Condition: New. 210 x 134 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.INTRODUCTION: Beginning in my teen years, I experienced intermittent panic attacks. Previous to this, I suffered prolonged episodes of free-floating anxiety (generalized worry and anxiousness). During my twenties, I found coping skills for my anxiety that were mostly self-taught, although I had seen mental health counselors for short periods of time in my late teens. These sessions were scheduled by my parents; during times I seemed to be lacking the ability to cope as I should, following major events, such as relocating to new schools. This was in the late 1970s and some anxiety therapies, such as Cognitive Behavioral Therapy (CBT), were not as well-developed as they are now. Additionally, anxiety sufferers also now have the availability of self-treatment methods that have been developed and that can be found online and used in the comfort of one's home. I personally benefited from self-help programs when my anxiety disorder reached a level of severity at age-40, after I developed autoimmune thyroid disease, which caused me a period of hyperthyroidism (overactive thyroid gland). While I will reference treatments in the chapters of this book, including pharmaceutical and psychiatric therapies, the content will be mostly focused on the subject of anxiety symptom-manifestations. This will include what are known as unreality symptoms but I have also included chapters regarding anxiety sensitization and catastrophic thinking. It is my hope that this information will help anxiety sufferers to understand what is happening to them when they experience these aspects of chronic anxiousness and/or panic attacks. My purpose is to reveal the facts, that these manifestations of severe anxiety and panic are very common but also very treatable and that they will not cause...

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