



## Defeating Anxiety (Paperback)

By Ralph Moore

Straight Street Publishing, 2013. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Are you desperate to win your battle against anxiety? You re not alone, more than one in four Americans wrestles with anxiety. It is now our most treated emotional disorder. Are you hassled by fears, worry or panic attacks? Do you toss and turn at night unable to shut your mind off long enough to fall asleep? Do you suffer panic over your health, job, family, money, or relationships? Do you war against timidity, self-doubt or general feelings of insecurity? The truth is that these feelings are mostly rooted in fiction. You ve learned to believe that the worst possible outcome is the only outcome. Trading those fears for reality is a major goal of this book. Do others make you feel guilty for taking medications that get you through your day? Or do you somehow feel weak for needing outside help to treat anxiety and depression? Could you use a dose of humor and practical tools to help you relieve anxiety? Would you like to learn how to talk-back to your doctor in order to get the help you need? Would you...

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