



# Overcoming Anxiety: Reassuring Ways to Break Free from Stress and Worry and Lead a Calmer Life

By Gill Hasson, Wiley

John Wiley and Sons Ltd. Paperback. Book Condition: new. BRAND NEW, Overcoming Anxiety: Reassuring Ways to Break Free from Stress and Worry and Lead a Calmer Life, Gill Hasson, Wiley, Understand, overcome and break free from worry and anxiety Bestselling personal development author, Gill Hasson is back and this time she's here to help with something that affects everyone at some point in their life, Anxiety. Worries and anxieties are familiar to us all. Worrying can be helpful when it prompts you to take action and solve a problem but unrelenting doubts, fears, and negative possibilities can dominate your mind, affect your ability to manage your everyday life and wellbeing, your sleep and appetite, your social life, and your ability to concentrate. But it doesn't need to be like this, there are ways that you can manage this spiral of unhelpful thoughts and difficult feelings. Overcoming Anxiety explains how to manage anxiety and stop it from taking over; it teaches you the skills you need to lead a more peaceful, stress-free life. Overcoming Anxiety: \* Provides practical strategies and techniques to manage your anxiety \* Discusses how to break free from negative cycles and move forward in a positive way...



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