

Recognizing & Managing Anxiety Disorders

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Recognizing and Managing Anxiety Disorders More than forty million American adults suffer from some type of anxiety disorder. In fact you can actually have an anxiety disorder and not even know it! If you find yourself arguing with your partner more frequently than normal; catch yourself side-stepping social events; or perhaps even fostering unrealistic feelings of fear or apprehension theres a good chance you are experiencing some type of anxiety disorder. Undoubtedly, youve heard the term panic attack. Its become one of those catch-all phrases for the trendy set when there is no other explanation for their problems. The reality is that panic attacks are real, but they are just one of many types of anxiety disorders. Another myth is that having an anxiety disorder somehow makes you a bad or weak person. Everyone has had feelings of anxiousness or fear at some time or another. How a person deals with those feelings is where the term disorder comes in. That forty million American adults statistic is evidence of just how alarming the numbers are becoming. And that only reflects cases that are reported. What is really alarming is that many adolescents and children also develop such disorders. If you or a loved one experience continuous bouts of fear, concern, or apprehension of some unknown event you need to take a serious look at your situation. Recognizing & Managing Anxiety Disorders will help you learn how to recognize the symptoms of various anxiety disorders and give you tips and guidance about how to deal with them. Did you know that people suffering from anxiety disorder experience extensive tension? This tension can cause serious physical and emotional setbacks. Heres a list of just a few of the helpful things you find inside: What is An Anxiety Disorder What Are the Different Anxiety Disorders What Are the Symptoms of Panic Disorder What Are the Symptoms of Social Anxiety Disorder What Are the Symptoms of Generalized Anxiety Disorder What Are the Symptoms of Obsessive-Compulsive Disorder What are the Symptoms of Post Traumatic Stress Disorder About Agoraphobia Conquer Claustrophobia Your Child and Anxiety Disorders Anxiety Disorder Research How to Know if You Have an Anxiety Disorder Treatment Options - Medication or Therapy Natural Remedies and Self Help Tips How Anxiety Disorders Affect Work, Family and Relationships Written in plain English Recognizing & Managing Anxiety Disorders will give you peace of mind by answering those probing questions about how

to control anxiety disorder in yourself or a loved one. Emotions impact every aspect of our lives. If anxiety disorders are left unchecked the result could be permanent damage to relationships, careers not to mention the overall quality of life. Anxiety disorders needn't become a permanent resident in your life. It is treatable. Get your copy of Recognizing & Managing Anxiety Disorders today!

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