

Freeing Yourself From Anxiety: The 4-step Plan To Overcome Worry And Create The Life You Want - Tamar E. Chansky

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Is worry wearing you out? Whether its losing sleep over a deadline, fretting about a relationship, or constantly thinking about what you should have done or said, anxiety makes life feel like a race from one overwhelming situation to the next. Freeing Yourself from Anxiety reveals the real secret to reducing stress: not positive thinking, but possible thinking. In this breakthrough guide, Dr. Tamar Chansky shows you dozens of simple yet powerful strategies you can use at any time to transform your anxious thoughts, conquer perfectionism and procrastination, and improve the way your brain reacts to stress, even without medication. For anyone suffering with an anxiety disorder or depression, or who simply wants to handle everyday challenges more optimally and successfully, Dr. Chanskys innovative program will help you breathe easier. Get ready to feel calm, confident, more like yourself again and free to create the life you want. Author: Chansky, Tamar E. Publisher: Da Capo Lifelong Books Illustration: Y Language: ENG Title: Freeing Yourself from Anxiety: The 4-Step Plan to Overcome Worry and Create the Life You Want Pages: 00304 (Encrypted EPUB) / 00304 (Encrypted PDF) On Sale: 2012-01-31 SKU-13/ISBN: 9780738214832 Lib Category: Anxiety - Treatment Lib Category: Worry - Treatment Category: Self-Help : Personal Growth - Happiness Category: Self-Help : Stress Management

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