



Anxiety: Self Management: Free Your Life and Overcome Anxiety, Fear, and Panic Attacks

Nero Mayo

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Have you struggled with Anxiety, Panic Attacks and Stress that results in health issues?

This book will cover what you need to know to gain a COMPLETE understanding of managing these issues

"Anxiety:Self Management-Free Your Life and Overcome Anxiety, Fear and Panic Attacks"

In this book you will learn...

- Understanding the Basics: What is Anxiety, What are the different types
- How everyone has it(we just choose to manage it differently)
- Different treatments including BOTH Pharmaceuticals that are MOST common as well as herbal remedies for Anxiety
- Breathing techniques and Meditation techniques to managing Anxiety and much more!
- Includes a free 30-day anxiety management tool!

This step by step guide will give you the tools needed to take control of your Anxiety and get your life back where it deserves to be!

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