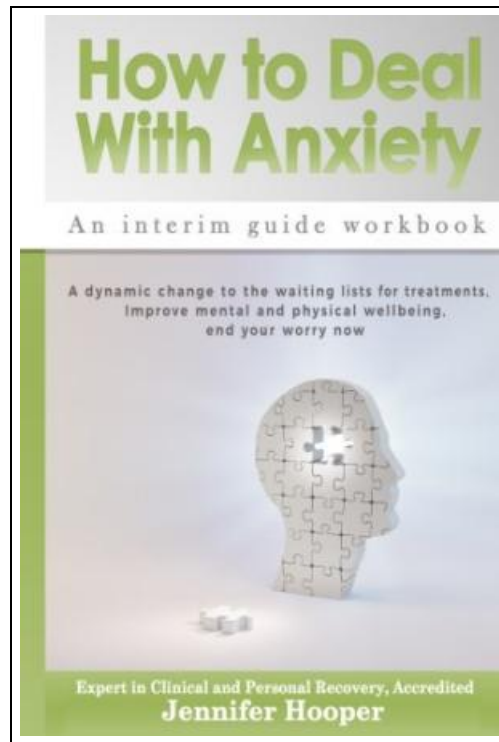


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HOW TO DEAL WITH ANXIETY: AN INTERIM GUIDE WORKBOOK (PAPERBACK)



On Demand Publishing, LLC-Create Space, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.How to Deal With Anxiety - An interim guide workbook We want to be calmer. We also want to feel good about ourselves, and we want to deal with anxiety! We can achieve ALL of these goals with the newest release from the founder of the Interim Method TM, by Jennifer Hooper, Clinical Recovery Director at Jennifer Hooper Enterprise, called How to Deal with Anxiety. Based on these exciting teachings, you will learn about all the dramatic benefits of feeling calmer and more positive. This book is built around a very clear, concept: be happier. It is not just about feeling better about yourself. Having a great way of living, in general, is linked to managing anxiety. This is because with hard work we have learned how to become resilient in an ever-changing global economy. In this book, we look at practical ways you can improve your own way of living in general, starting with awareness. This book will also look at other steps that can be taken to support this goal, from preparing mentally to planning to become successful in managing your anxiety over a lifetime that can sometimes include major events. Even the choices you make about lifestyle can have an impact on your way of living in general, as well as anxiety levels that may be fluctuating or freezing at certain levels. In How to Deal with Anxiety, we will cover all the basics, giving you everything you need to know to successfully manage anxiety before, during and after medical or psychological interventions. But if you want to try a better way, this could be it.



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