



Kick It: 23 Ways to Get Rid of Anxiety and Fears to Live a Happier Life! (Paperback)

By Subha Malik

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Kick Your Anxiety Fears With These Amazing Anti-Anxiety Ways Anxiety is a general term which is used for defining various disorders that lead to Uneasiness, fear, nervousness and excessive worrying. In the U.S approximately 40 million adults (age 18 years or older) are suffering from anxiety disorders, and this is more than 18 of the total population in the United States. Anxiety can affect the way you behave and feel and in severe cases it can manifest real physical symptoms as well. People with anxiety disorders are more likely to visit doctor and be hospitalized as compared to those who do not suffer from these disorders. The good news is, anxiety disorders are highly treatable. Being a human we all feel anxious before facing something challenging like taking a test, a job interview or delivering a speech. This normal level of anxiety is necessary and beneficial because it reminds us to take some action or prepare for the test or interview. But the anxiety turns into a disorder when it crosses a certain limit, and the limit is when feeling of fear...



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