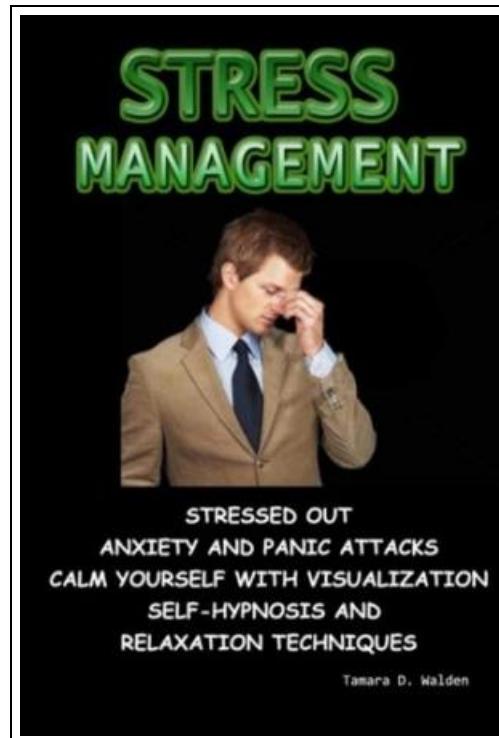


## Stress Management: Stressed Out Anxiety and Panic Attacks Calm Yourself with Visualization Self-Hypnosis and Relaxation Techniques



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### **Reviews**

*This ebook is wonderful. Of course, it really is perform, nevertheless an interesting and amazing literature. Its been printed in an extremely straightforward way and it is simply after i finished reading this ebook where in fact changed me, modify the way i believe.  
(Prof. Maxwell Stracke)*


## STRESS MANAGEMENT: STRESSED OUT ANXIETY AND PANIC ATTACKS CALM YOURSELF WITH VISUALIZATION SELF-HYPNOSIS AND RELAXATION TECHNIQUES



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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.It seems like you hear it all the time from nearly every one you know: I m SO stressed out! Pressures abound in this world today. Those pressures cause stress and anxiety, and often we are ill-equipped to deal with those stressors that trigger anxiety and other feelings that can make us sick. Literally, sick. The statistics are staggering. One in every eight Americans age 18-54 suffers from an anxiety disorder. This totals over 19 million people! Research conducted by the National Institute of Mental Health has shown that anxiety disorders are the number one mental health problem among American women and are second only to alcohol and drug abuse by men. Women suffer from anxiety and stress almost twice as much as men. Anxiety disorders are the most common mental illness in America, surpassing even depression in numbers. Anxiety is the most common mental health issue facing adults over 65 years of age. Anxiety disorders cost the U.S. \$46.6 billion annually. Anxiety sufferers see an average of five doctors before being successfully diagnosed. Unfortunately, stress and anxiety go hand in hand. In fact, one of the major symptoms of stress is anxiety. And stress accounts for 80 percent of all illnesses either directly or indirectly. In fact, stress is more dangerous than we thought. You ve probably heard that it can raise your blood pressure, increasing the likelihood of a stroke in the distant future, but recently a health insurance brochure claimed that 90 percent of visits to a primary care physician were stress-related disorders. Health Psychology magazine reports that chronic stress can interfere with the normal function of the body s immune system. And studies have...

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