



## Conquering Health Anxiety: How to Break Free from the Hypochondria Trap (Paperback)

By Darren Sims

Createspace Independent Publishing Platform, 2014. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Do you worry about your health? Is your anxiety so severe that it is affecting your relationships, career or social life? In Conquering Health Anxiety, Darren Sims explains how you can stop worrying about your health and start living a normal life. As a recovered health anxiety sufferer, Darren tells his story, from his very first experience of having a panic attack to the techniques that helped him - and hopefully you - break free from the hypochondria trap. In simple steps, Darren guides you through how you can create an anxiety-free future for yourself, identify your personal health anxiety triggers and discover how you can change them through reworking your thinking patterns. You will also learn the connection between health anxiety and your lifestyle habits, such as diet, exercise and meditation. Are you ready to start your journey to an anxiety-free future?.

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