



Anxiety: How to Overcome Shyness, Conquer Your Fear, Avoid Stress, and Take Charge of Your Life (Learn to Regain Your Life and Fight Against Depression)

Jacob Wilson

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If you think Anxiety has made you its best friend and wouldn't leave you, then this book is for you. Anxiety loves to play see-saw with you and likes being on top. Read on to know how you can stay on top instead and know your anxiety better. Knowing your anxiety brings you one step closer to winning over it. Practice the remedies in this book that will help you overcome your shyness, conquer your fears, avoid stress and take charge of your life. ELEVEN takeaways that make this an excitingly quick and beneficial read: 1) Anxiety anecdotes the author has witnessed 2) Anxiety and its types: Do you know which one you may be? 3) Could it be your parents who gave you anxiety? 4) Google is no doctor. WebMD isn't either. Stop self-diagnosis. Ever tried a human doctor? 5) Anxiety feels ignored if you keep yourself busy and learning new things 6) Anxiety hates being ignored when you put your head into a book and read with interest 7) Anxiety fears perspiration! It doesn't stick around you when you exercise 8) Anxiety always wants you to hurry up. It wants you to have that thing now, whatever it is. It is shaken badly when you trust the efficacy of time in this fast-paced world 9) Anxiety is relegated when you accept that it's okay to be wrong. It feels it can no longer shut you up from asking that question 10) Anxiety doesn't like to see a chatty-you with your own fellows! Keep aside your digital screens before you eat your next meal with your family, friends or loved ones 11) Anxiety is slowly flushed out when you eat right and eat to your body constitution Written in an informative way and interspersed with occasional humour, readers and non-readers alike will enjoy this book. If you are a non-reader, perhaps this is just the book you want to start with to tell your anxiety to go away before you make reading a habit.

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