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Nota di contenuto	Front cover -- INTRODUCTION - TAKING THE FIRST STEPS -- PART ONE - UNDERSTANDING FEAR, STRESS AND ANXIETY -- PART TWO - CAUSES OF ANXIETY AND STRESS -- PART THREE - MANAGING NEGATIVE THOUGHTS -- PART FOUR - BREATHING -- PART FIVE - MINDFULNESS -- PART SIX - SLEEPING -- PART SEVEN - RELAXATION -- PART EIGHT - WELL-BEING -- PART NINE - TALKING AND FINDING HELP -- CONCLUSION - LOOKING AHEAD.
Sommario/riassunto	Packed with tips, suggestions and quotes, this book will help give you the strength to beat the 'what if's and worries and live a little more every day.