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Nota di contenuto	Overcoming Anxiety For Dummies®, 2nd Edition; About the Authors; Dedication; Authors' Acknowledgments; Contents at a Glance; Table of Contents; Introduction; Part I: Detecting and Exposing Anxiety; Part II: Battling Anxiety; Part III: Letting Go of the Battle; Part IV: Zeroing in on Specific Worries; Part V: Helping Others with Anxiety; Part VI: The Part of Tens; Appendix: Resources for You; Index
Sommario/riassunto	Practical, proven ways to get fear, worry, and panic under control Think you worry too much? You're not alone?over 40 million Americans suffer from some form of anxiety. Help is here in this friendly guide, which offers sound advice on identifying anxiety triggers through taking self-tests, improving your eating habits, relaxing, and finding support for you and your loved ones. Now with 25% new and revised content, Overcoming Anxiety For Dummies, 2nd Edition explores all of the most common triggers for anxiety, recent developments in medications, newly emerging biologically o