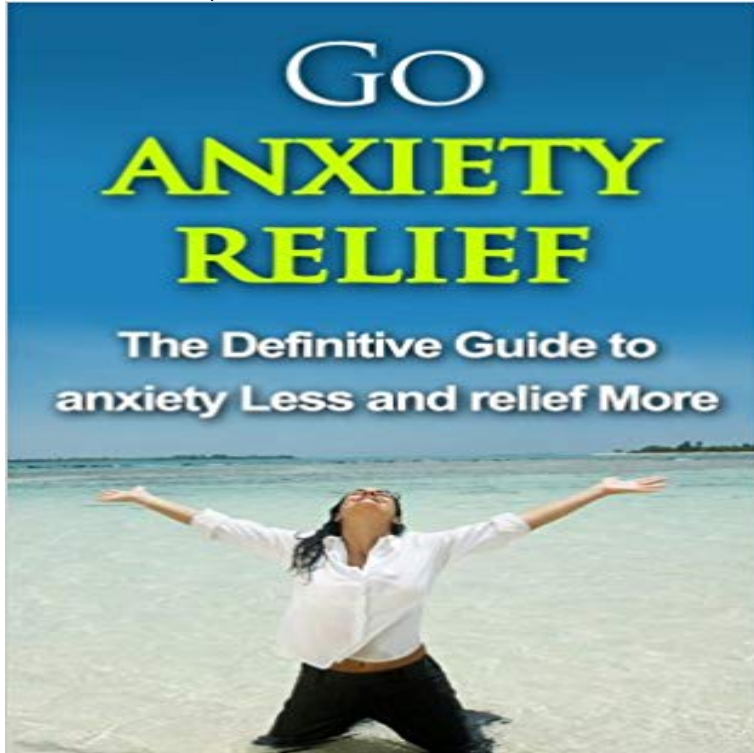


## Go anxiety relief: The Definitive Guide to anxiety Less and relief More



Anxiety disorders are one of the most common mental illnesses. They are normal and treatable. However, because a certain amount of stigma still clings to them, people who suffer from anxiety may not know exactly what is happening to them, or what help is available. This paper investigates all aspects of anxiety with the aim of shedding light on what should not be a mysterious topic. Chapters one and two describes the mental and physical symptoms of anxiety as well as the differences between anxiety and stress or depression. Then in chapter three are discussed a number of natural anxiety relief options. The effects of anxiety on physical, mental and social well being are described in chapter four. Chapters five through eight take a more in depth look at the clinical diagnosis and professional treatment of anxiety. The six types of anxiety disorder -generalized anxiety disorder, panic disorder, obsessive compulsive disorder, social anxiety disorder, post traumatic stress disorder, and specific phobias- are described in detail. Then the various causes of anxiety are explored. Finally treatment options are described and case studies of both children and adults with anxiety are presented. This paper is a distillation of information about anxiety. Whether the reader suffers from anxiety themselves or is simply curious about the topic, it will be a valuable read.

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