



# **Anxiety: Avoiding Panic Attacks, Stress, Coping Methods, and Meditation (Worry Free, Habits, Mindfulness, Fear, How-to Relax, Stress Relief, Piece of Mind, Coping) (Volume 1)**

*Francisco Sorento*

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This book contains proven steps and strategies on how to cope with stress, anxiety and depression. These methods are especially written with people like you in mind. If you want to get better, you should follow the tips mentioned here. This book also tells you about stress and anxiety, and their causes. Their effects to your mind and body are also discussed in this book, as well as how you can successfully avoid them. In This Book You Will Learn .... Chapter 1 - Stress and Anxiety Chapter 2 - Causes of Anxiety Chapter 3 - How to Avoid Stress and Anxiety Chapter 4 - Create New Habits Chapter 5 - Practice Mindfulness Meditation Chapter 6 - Practice Breathing Exercises Chapter 7 - Exercise and Perform Aerobic Activities Chapter 8 - Recite Positive Affirmations Chapter 9 - Listen to Music **WHY NOT TRY IT OUT?! START REDUCING STRESS AND OVERCOMING YOUR ANXIETY Purchase your copy today!**

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