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explains how to manage anxiety and stop it from taking over; it teaches you the skills you need to lead a more peaceful, stress-free life.

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While the cycle of
anxiety is, indeed,
vicious, breaking even
one link can go a long
way to diminishing

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worry and the anxiety to which it leads. If you or a loved one are struggling with anxiety, contact the Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline at 1-800-662-4357 for information on support and treatment facilities in your area.

How to Snap Out of the Anxiety Cycle

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Provides practical strategies and techniques to manage your anxiety Discusses how to break free from negative cycles and move forward in a positive way Contains real-life examples from anxiety sufferers Explores what it takes to handle immediate anxiety events and longer term, low-level 'background anxiety'

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out and connecting with other people, outlining what family and friends can do to help. Hasson stresses the significance of having positive people around, explaining that “how other people respond to you can make quite a difference to how you feel about yourself- to your confidence, self-esteem and your ability to manage anxious ...

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