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John Richlove

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This book has actionable strategies on how to overcome stress and anxiety.

It is perfectly normal to feel stressed and anxious before an important event, such as a job interview, proposing to the love of your life or discussing a substantial matter with your family, such as confessing your sexual orientation. Such events are crucial and extremely significant to you, which is why you feel a certain nervousness, anxiety, and fear mounting inside you. However, if these feelings do not subside after the specific event is over or once you have accomplished your goal and you continue being stressed out, fearful and extremely anxious, then you have definitely got something to worry about.

The 24/7 prevalence of tension and fearful thoughts is referred to as stress and anxiety, respectively. While both these feelings are often employed interchangeably, they are different from one another. Stress refers to the tension and worry you experience when a substantial event is going to take place and is mostly due to external events. On the other hand, anxiety refers to the fear, nervousness, and jitteriness you experience when something does not happen the way you want to, or when you become scared of doing something. Despite the difference between the two sentiments, both stress and anxiety are inter-related and when your stress becomes unbearable and huge, it often turns into anxiety and anxiety is usually accompanied with stress.

If you happen to relate to this scenario and often find yourself engulfed in anxiety and stress, then this guide is perfect to help you eliminate these negative sentiments from your life. Use this guide to unlock a life full of happiness, so you can stop worrying and actually start living.

This Book Will Help You To Overcome and Improve The Following:

- Discover Your Root Cause Of Anxiety And Stress
letting go of your troubled past
- Learn to self-soothe
- The benefits of meditation

- Reaching out to loved ones
- Plus much more

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From reader reviews:

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Ralph Smith:

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Jose Chapman:

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