



## 7 Ways to Reduce Anxiety in 7 Minutes or Less: Think Clearly, Feel Relaxed and Perform at Your Best Under Pressure (Paperback)

By MR Tony Yuile

Anthony Yuile, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. How much do you want to gain control over your anxiety? In 7 Ways To Relieve Anxiety In 7 Minutes Or Less, Tony Yuile, an expert in anxiety and stress management, shares seven easy-to-learn, evidence based techniques, that you can start using today to change the way you experience anxiety. It might surprise you to learn that some level of anxiety is normal. That s because anxiety is a natural and healthy response to a potential danger or threat. We experience some level of anxiety each and every day, for example a person might feel anxious that they will: - embarrass themselves in an interview - have to speak in public - be late picking their kids up from school - not be able to make their mortgage payment - become seriously ill . and the list goes on. While we cannot eliminate anxiety from our lives, we can learn how to manage it so that it doesn t have a significant adverse impact on our health, happiness and performance. The first half of 7 Ways To Relieve Anxiety In 7...



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