



# 10 Steps to Conquering Anxiety and Panic: A Clear-Cut Guide

*Rod Thompson, Alison Thompson*

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Right now millions and millions of people all around the world struggle to cope with an anxiety disorder. Whether that be Generalised Anxiety Disorder, Agoraphobia, Social Anxiety, Obsessive Compulsive Disorder, specific Phobias or some other form, the sufferer learns to adapt their life to try and avoid anxious situations. Every day is made to fit round the disorder. Sufferers feel angry, frustrated and trapped not knowing what's happening to them or what to do. Family members often struggle to understand what is happening to their loved one, resulting in sufferers feeling like they're on their own. This book, along with its personalised email support, offers hope to all those who experience this daily battle with anxiety or panic. Written by a former sufferer of Health Anxiety, Generalised Anxiety Disorder and Agoraphobia, we explore in detail just what exactly is happening to you, what causes it and what you can do about it. We'll show you how you can get your life back and conquer this once and for all, no matter how severe your problems appear! Presented in 10 easy to follow steps we explain in each exactly what you need to be doing, the reasons why you should be doing it and, where appropriate, provide exercises for you to follow. The solution to your anxiety and panic is more achievable than you might think. Let's make today the day you start to rid yourself of inappropriate anxiety or panic once and for all!

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