



7 Ways To Reduce Anxiety In 7 Minutes Or Less: Think clearly, feel relaxed and perform at your best under pressure

Mr Tony Yuile

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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 Minutes Or Less* explores: - what anxiety is: - the difference between anxiety and stress - common anxiety symptoms - how we create our anxiety - how we can reduce and control our level of day to day anxiety - anxiety disorders (please note - the treatment of anxiety disorders is outside the scope of this book.) Tony provides this information because, in his experience, once people gain an understanding of the role they play in creating anxiety, this empowers them and has a positive and powerful impact on the effectiveness of the actions they take to manage their anxiety. The second half of the book presents seven simple, practical and highly effective techniques to help you to change how you 'do' anxiety and change your experience of it. The fantastic thing about these seven techniques is that, once learned, each technique takes less than seven minutes to perform and can be performed anytime and anywhere.

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