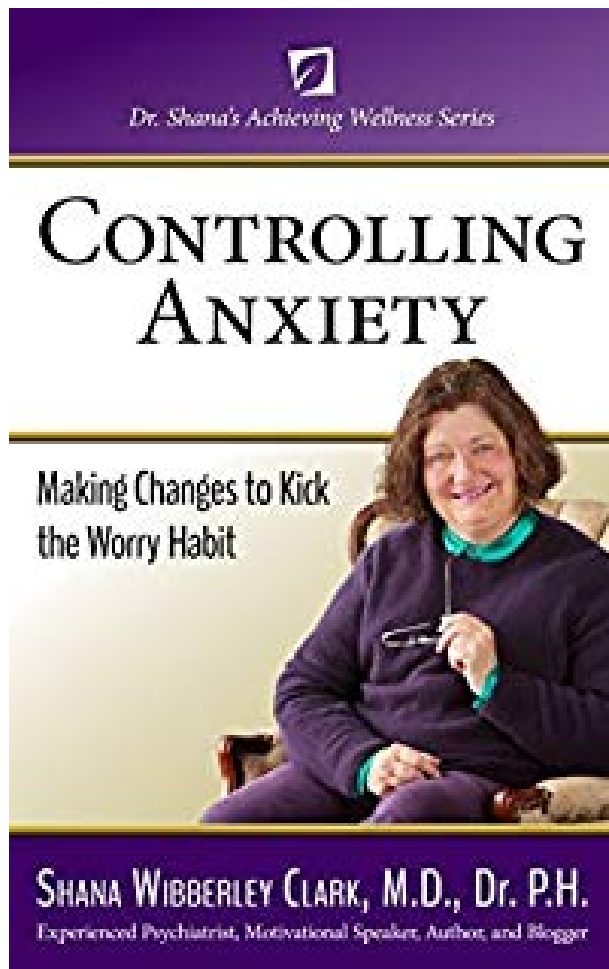


# Controlling Anxiety: Making Changes to Kick the Worry Habit (Dr. Shana's Achieving Wellness Series)



<b>Language</b>	English
<b>Pages:</b>	20
<b>Author:</b>	Shana Clark
<b>ASIN</b>	B00LXKZH2C
<b>Published:</b>	July 17th 2014
<b>Goodreads Rating:</b>	4.00
<b>Genre:</b>	Uncategorized

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[Controlling Anxiety: Making Changes to Kick the Worry Habit \(Dr. Shana's Achieving Wellness Series\).epub](#)

Are you worried? Are you stressed out? How do you know when your worry and stress are out of control? Many of your thoughts may be anxious thoughts that “run around” in your head until your energy is depleted. These thoughts may seem to take over your life, and you may find it hard to relax because your anxiety is a constant distraction. Some anxiety may be serious enough to cause panic attacks. What is the source of all of this anxiety, and what can you do about it? Depending on the type and causes of your anxiety, you can retrain your brain! One of the arguments in favor of re-educating yourself away from continuous anxiety is that having constant anxiety means you will have a lot of circulating adrenaline in your system. This is an issue because it can seriously impact your health. Find out how, and why you don’t want these high-adrenaline health effects to occur. In this e-book, Dr. Shana will examine the causes and types of anxiety and the ways that you can regain control of your thought life. You will learn about how and why anxiety can become a habit, how anxiety affects your brain via an “anxiety circuit,” and how trauma may have played a part in triggering your anxiety. You will find out what happens during a panic attack and which physical reactions can occur. Finally, you will learn how to fight back and overcome your anxiety by controlling your thought

life, and in some cases, receiving therapy and/or medication.

Take control of your anxiety and get off of the worry treadmill! Enjoy a calmer mind and a more positive daily life! Start today for a better tomorrow!