



Simple Anxiety Relief: How to Stop OCD, Obsessive Thinking and Control Anxiety Disorders Forever

Matt Goodley

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A tried and tested self help guide to stopping Anxiety Disorders/ OCD for life

Based on the most effective psychiatric techniques in use by professionals today.

Learn how to break anxious cycles and deal with the dark thoughts which stop you living your life. You can finally have the energy and mental health to enjoy life. From someone who has struggled with depression and anxiety his entire teenage, adult and most of his child life.

In this book you'll learn techniques which I found helped the most in 25 years of struggle. They are simpler than you think, effective and PROVEN. This book is suitable for all anxiety disorders since they share common traits and can help alleviate depression as well.

Anxiety disorders are a result of habit but if you implement these techniques you will reduce the pain and grip anxiety has on your life. Thousands of people have broken anxiety before us.

Here Is A Preview Of What You'll Learn...

- How compulsive behaviours ruin the quality of life
- How to realise what compulsive habits you have
- How to deal with these compulsions
- How to embrace anxiety instead of being ruled by it
- Build mental fitness
- The role of ERP and ACT therapy
- How medication, meditation and counselling helps
- How to break anxiety in the safest way possible

Tags: stop anxious thoughts, mental health, cure, disorder, cycle, motivation, relief, self help, management, NLP, control, panic, social anxiety disorder, SAD

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Quincy Nelson:

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