



# **Anxiety: Overcome Anxiety Permanently Without Medication (overcome anxiety, anxiety self help, anxiety workbook, anxiety toolkit, anxiety relief, anxiety treatment, anxiety disorder, anxiety)**

*Gerard Johnson*

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Are you, by any chance, been losing sleep lately due to stress or are you feeling unsettled because of too many people and too many things to worry about around you? Ask yourself, how long has it been going on. If your answer is 3 or more days, as soon as you get home, take a little pause or have a relaxing massage because you, my friend, may be suffering from anxiety disorder.

Of course, there is nothing better than having it confirmed by a physician or specialist, but as soon as you step out of their office, you will be surely holding in your hand that dreaded prescription. With it is a list of medicines that will surely cost you a lot more than you wish to shell out.

If you don't want to go through that tiresome practice of going to the pharmacy and bleed some money, find out what natural remedy can do to ward of your anxiety.

In this book, you will find out the different methods you can use to fight your battle with anxiety disorder. You will find very simple steps, yet very effective, to lower your anxiety levels. You will also find out in this book the ugly truth about synthetic medicines and how natural remedies can genuinely help you out. See the exciting details inside!

## Here Is A Brief Preview Of What You'll Learn :


- what anxiety actually is and what causes it
- The Unspoken Truth About Prescribed and Over-the-Counter Medications and Supplements
- Drugs and Adverse Reactions
- Excessive Intake of Drugs Especially Antibiotics
- Synthetic Medications Versus Natural Medications
- Organic Remedies
- The Benefits of Exercise in Anxiety
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