



## Stress Management: Stressed Out Anxiety and Panic Attacks Calm Yourself with Visualization Self-Hypnosis and Relaxation Techniques

By Tamara Walden

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.It seems like you hear it all the time from nearly every one you know: I m SO stressed out! Pressures abound in this world today. Those pressures cause stress and anxiety, and often we are ill-equipped to deal with those stressors that trigger anxiety and other feelings that can make us sick. Literally, sick. The statistics are staggering. One in every eight Americans age 18-54 suffers from an anxiety disorder. This totals over 19 million people! Research conducted by the National Institute of Mental Health has shown that anxiety disorders are the number one mental health problem among American women and are second only to alcohol and drug abuse by men. Women suffer from anxiety and stress almost twice as much as men. Anxiety disorders are the most common mental illness in America, surpassing even depression in numbers. Anxiety is the most common mental health issue facing adults over 65 years of age. Anxiety disorders cost the U.S. \$46.6 billion annually. Anxiety sufferers see an average of five doctors before being successfully diagnosed. Unfortunately, stress and anxiety...



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