



# Anxiety, Phobias, and Panic

*Reneau Z. Peurifoy*

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## **Anxiety, Phobias, and Panic** Reneau Z. Peurifoy

Struggling with Anxiety, Phobias, or Panic Attacks? Discover Proven Strategies that can Help You Conquer Fear and Take Charge of Your Life! Are you one of the nineteen million Americans who suffer from anxiety-related problems? Don't lose hope! Take action today with techniques that have helped thousands of people overcome their anxiety and live full and satisfying lives. Now in this new, updated edition of his classic guide, Reneau Peurifoy, an internationally recognized expert in the field, incorporates the latest available information and research. He presents a step-by-step program of fifteen manageable lessons that you can use to: \* Identify and reduce the sources of your anxiety \* Minimize and manage stress more effectively \* Discover relaxation and other methods to ease symptoms of anxiety \* Recognize and change harmful modes of thinking \* Learn how to stop worrying and avoiding things \* Manage anger and build self-esteem \* Avoid relapses and keep moving forward. You too can live a happy and healthy life that's free of... Anxiety, Phobias, and Panic.

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