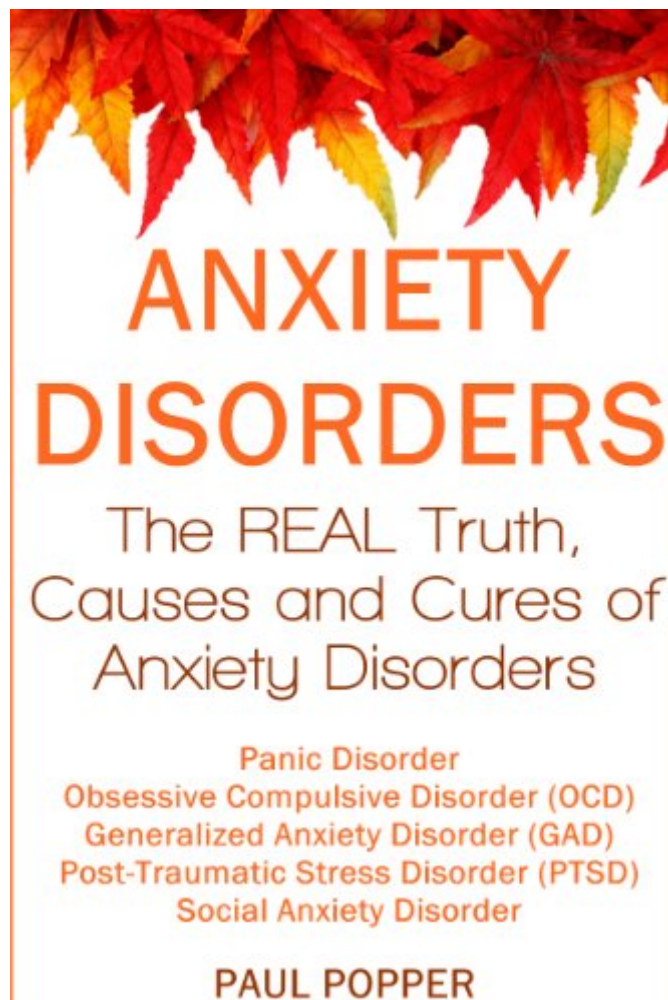


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# **Anxiety Disorders: The REAL Truth, Causes And Cures. Panic Disorder, Obsessive Compulsive Disorder (OCD), Generalized Anxiety Disorder (GAD), Post-Traumatic Stress Disorder (PTSD), Social Anxiety**





## Synopsis

Anxiety Disorders: The REAL Truth, Causes and Cures. Panic Disorder Obsessive Compulsive Disorder (OCD) Generalized Anxiety Disorder (GAD) Post-Traumatic Stress Disorder (PTSD) Social Anxiety Disorder

This book is the perfect starting point to truly understanding anxiety disorders. Paul Popper still travels the length of the UK every week to transform the lives of people who suffer from the most debilitating anxiety disorders. From his years of experience working with anxiety disorder he has written this book as a foundation to begin the journey to complete freedom from anxiety. It is not meant to be a 'secure all' book as most of those books are in genuine, hyped beyond belief and simply do not work! Although for many people it is the honest information they desperately need to begin to understand the anxiety disorder which is hurting them or someone they deeply care about. Research conducted over the past 10 years has demonstrated beyond any doubt that anxiety disorders are the number one mental health problem facing the UK today. Almost 20% of the population has suffered from panic attacks, phobias, or other anxiety disorders in the past 6 months. And at least 25% of the population will suffer from anxiety at some point in their life. The feelings of anxiety, panic and fear are at epidemic proportions in our society and still rising. Despite this fact only a small proportion of sufferers will develop the skills and knowledge needed to permanently break the pattern of anxiety.

Check Out What Others Have Been Saying..."I love this book! I am totally new to dealing with anxiety and decided to see what is out there on the topic, and came across this amazing book. It really opened my eyes to see why I behaved like I did, when you understand the cause of your anxiety, everything makes sense Thank you!"- Chris Henderson (London, UK)"Wow, I had bought four other 'anxiety cure' books and been trying to understand my agoraphobia till I stumbled on this gem. I love how the author has a real life understanding of anxiety and has cured thousands of people."- Nancy Moran (Dublin)"This book was the most changing experience of my life, after reading it I followed his advice and saw an anxiety specialist. It is almost impossible to understand anxiety until you have been there. Although it took me almost seven years to accept I had a disorder, I would recommend this book to anyone. Without this guide I would still be in denial, thinking that I could never be cured"- John Andrews (Manchester, UK)

Download your copy today!

Tags: Anxiety Disorders: The REAL Truth, Causes and Cures, Panic Disorder, Obsessive Compulsive Disorder (OCD), Generalized Anxiety Disorder (GAD), Post-Traumatic Stress Disorder (PTSD), Social Anxiety Disorder, anxiety relief, anxiety cure, anxiety management, anxiety free, anxiety and phobia workbook, anxiety attacks, anxiety self-help, anxiety and panic attacks, anxiety and depression, anxiety and worry, anxiety attacks, panic attacks, panic attacks and anxiety, panic away, ocd self help, ocd thoughts, ocd workbook, anxiety cure, anxiety

cbt, social anxiety for dummies, social anxiety and shyness, blushing, nerves  
The OCD Cure - How To Overcome Obsessive Compulsive Disorder For Life (OCD Treatment, Obsessive Compulsive Personality Disorder, Obsessive Compulsive Cycling Disorder, OCD Self Help, OCD Books,

## Book Information

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## Customer Reviews

Helpful, answered many questions I had about some diagnosis's I was given, but am having a hard time accepting. Learned that just because you have 2 arms and two legs, look like you are just find. It is not necessarily true. The inside is a huge mystery.

The beginning is poorly rewritten from this book (available for preview)

<http://www..com/dp/1572248912/> with minor changes (name replaced, some grammatical changes that's it)The brochure focuses on the author's site only (visit my site for more trainings, visit my site to order the private course, more free information on how to use self-hypnosis can be found here, etc)The website has not been updated since forever, to my mind. I haven't succeed in finding these free trainings at all (used internal search, google search and some direct html code analysis)Just gives you an idea that anxiety disorder has to be addressed within many levels (not just cognitive,

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