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How to Control Your Anger Before It Controls You, with Raymond Chip Tafrate. Citadel Press, 1998. How to Control you Anxiety before it Controls you.

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Controlling anxiety so it doesn't control you -

Before you can control your anxiety, it is important to understand what anxiety is and how it works. Anxiety is not necessarily always a negative emotion; in fact, it

How to control anxiety without medication

Controlling anxiety is never an easy thing to do. Some suffering from an anxiety disorder choose to take medication to ease their symptoms. However, it is possible to

Anxiety reference anxiety, panic & health

Psychiatrist Albert Ellis calls this the good kind of anxiety is even vaguely under your control: Ellis, Albert. How to Control Anxiety Before It Controls You.

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Limit alcohol and caffeine, which can aggravate anxiety and trigger panic attacks. Accept that you cannot control everything. Put your stress in perspective: