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Accepting Anxiety. In my new book, *One Less Thing to Worry About: Uncommon Wisdom for Coping with Common Anxieties*, I include steps to help you make your worries work

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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

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Anxiety reference anxiety, panic & health

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