



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

Paul Popper

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Panic Disorder

Obsessive Compulsive Disorder (OCD)

Generalized Anxiety Disorder (GAD)

Post-Traumatic Stress Disorder (PTSD)

Social Anxiety Disorder

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)

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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,

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