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Chronic Anxiety Unreality Sensations and Other Odd Symptoms: The Bizarre Manifestations of Panic and Disordered Anxiousness (Paperback)

By James M Lowrance

Createspace, United States, 2011. Paperback. Book Condition: New. 210 x 134 mm. Language: English . Brand New Book ***** Print on Demand *****.INTRODUCTION: Beginning in my teen years, I experienced intermittent panic attacks. Previous to this, I suffered prolonged episodes of free-floating anxiety (generalized worry and anxiousness). During my twenties, I found coping skills for my anxiety that were mostly self-taught, although I had seen mental health counselors for short periods of time in my late teens. These sessions were scheduled by my parents; during times I seemed to be lacking the ability to cope as I should, following major events, such as relocating to new schools. This was in the late 1970s and some anxiety therapies, such as Cognitive Behavioral Therapy (CBT), were not as well-developed as they are now. Additionally, anxiety sufferers also now have the availability of self-treatment methods that have been developed and that can be found online and used in the comfort of one's home. I personally benefited from self-help programs when my anxiety disorder reached a level of severity at age-40, after I developed autoimmune thyroid disease, which caused me a period of hyperthyroidism (overactive thyroid gland). While I will reference treatments in...



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