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Overcoming Anxiety: Reassuring Ways to Break Free from Stress and Worry and Lead a Calmer Life

Gill Hasson

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Understand, overcome and break free from worry and anxiety

Bestselling personal development author, Gill Hasson is back and this time she's here to help with something that affects everyone at some point in their life, Anxiety.

Worries and anxieties are familiar to us all. Worrying can be helpful when it prompts you to take action and solve a problem but unrelenting doubts, fears, and negative possibilities can dominate your mind, affect your ability to manage your everyday life and wellbeing, your sleep and appetite, your social life, and your ability to concentrate.

But it doesn't need to be like this, there *are* ways that you can manage this spiral of unhelpful thoughts and difficult feelings. *Overcoming Anxiety* explains how to manage anxiety and stop it from taking over; it teaches you the skills you need to lead a more peaceful, stress-free life. *Overcoming Anxiety:*

- Provides practical strategies and techniques to manage your anxiety
- Discusses how to break free from negative cycles and move forward in a positive way
- Contains real-life examples from anxiety sufferers
- Explores what it takes to handle immediate anxiety events and longer term, low-level ‘background' anxiety and worry

About the Author

Gill Hasson is the bestselling author of the *Mindfulness Pocketbook*, *Mindfulness*, *How to Deal with Difficult People* and *Emotional Intelligence*. Gill teaches adult education courses in personal development and is an Associate Tutor for the University of Sussex where she teaches career, personal development and academic study skills. Gill is also a freelance journalist and writes articles on personal development and relationships for a variety of magazines, including Psychologies and Take A Break, and for a number of websites.

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