

HOW YOU BEAT ANXIETY PDF

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Sun, 17 Jun 2018 05:49:00 GMT - Anxiety, tension, dreadâ€™all forms of fearâ€™are rooted in preoccupation with the future, and they contaminate our awareness and appreciation of the present moment. â€™You are projecting yourself into an imaginary future situation and creating fear, but there is no way you can cope with such a situation because it doesnâ€™t exist,â€™