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Anxiety for Beginners offers a vivid insight into the often crippling impact of anxiety disorders, a condition that is frequently invisible, shrouded in shame and misunderstood. It serves as a guide for those who live with anxiety disorders and those who live with them by proxy.

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Anxiety for Beginners serves as a guide for those who live with anxiety disorders and those who live with them by proxy. Combining her own experiences (rendered in emotive detail) with extensive research from experts (neuroscientists, psychiatrists, psychologists and fellow sufferers – including Matt Haig, Jon Ronson and other familiar faces), Eleanor Morgan explores not just the roots of her own anxiety, but also investigates what might be contributing to so many suffering around the world.

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Anxiety for Beginners: A Personal Investigation eBook ...

Anxiety For Beginners is written by Eleanor Morgan who has been dealing with anxiety since she was a teenager. The book covers quite a vast array of topics relating to anxiety; the aetiology, the treatment, the reality of living with anxiety and also how anxiety will manifest in the future and how it will be treated.

Anxiety for Beginners: A Personal Investigation by Eleanor ...

(It serves as a guide for those who live with anxiety disorders and those who live with them by proxy. (Author) Eleanor Morgan. size) 24 x 16 x 3.5 cm. (RRP) £ 16.99. of pages) 370. (Series) N/A. weight) 640g.

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A guide for those who live with anxiety and those who live with it by proxy. Combining Eleanor Morgan's own experiences (rendered in emotive detail) with extensive research with experts (neurologists, psychiatrists, geneticists and fellow sufferers - many of them very familiar faces), she discovers that the way in which people create a life is not just manageable but enjoyable, learning to ...

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enjoyable by learning to accept anxiety rather than spending their lives fighting ...

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