



# Ten Steps to Relieve Anxiety: Refocus, Relax, and Enjoy Life

*H. Michael Zal*

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Are you having trouble concentrating or does your mind simply “go blank,” are you experiencing shortness of breath or rapid heartbeat, trouble sleeping, irritability, muscle tension or aches, sweating, nausea or diarrhea on a daily basis? Do your feelings of anxiety disrupt your social activities or interfere with work, school, family or personal life?

You are not alone. 6.8 million American adults and millions more worldwide suffer from Generalized Anxiety Disorder (GAD). In *Ten Steps to Relieve Anxiety*, Dr. H. Michael Zal utilizes his over forty years of experience to explore the emotional and physical aspects of anxiety and the treatment options available, then sets out his strategy.

Dr. Zal illustrates his proven, simple yet effective techniques and treatments to handle anxiety in ten easy-to-follow steps. Generalized Anxiety Disorder (GAD) is not a character flaw; it is a serious but treatable disorder and *Ten Steps to Relieve Anxiety* is the perfect tool to regain control over your anxiety.

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