

THE **ANXIETY** **ANSWERBOOK™**

**Professional, Reassuring Answers to
Your Most Pressing Questions**



- ▶ **What is a panic attack?**
- ▶ **How can I prevent my anxiety from causing me to overeat?**
- ▶ **What is the difference between a fear and a phobia?**
- ▶ **Can a panic attack hurt me?**
- ▶ **What causes anxiety?**
- ▶ **Can anxiety make me angry?**
- ▶ **Can medication treat anxiety?**

Anxiety Answer

E Durkheim



Anxiety Answer:

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