



Stop Worrying about Your Health: How to Stop Worrying about Symptoms and How Hypochondria and Health Anxiety Can Actually Make You Sick

By James Umber

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Stop Worrying About Your HealthHow To Stop Worrying About Symptoms and how Hypochondria and Health Anxiety Can Actually Make You Sick Do you constantly worry about your health? Is your mood and everyday life dictated by the thought that there may be something medically wrong with you? Well, you re not alone. I should know, I had to deal with this problem and I know how it feels to deal with this every single day of your life and live in fear, constantly worrying about some symptom or another. Now, I hardly worry about my health at all anymore. I have gained valuable insights and my own techniques along the way that worked better for me than those that others were teaching. This makes me ideally situated to write this book. Because not only am I going to put a whole plethora of tips, techniques and ideas all in one place, but I am going to also add my own personal tricks that I have developed along my personal journey and experience with health anxiety. Rest assured that...



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