



Natural Anxiety Relief: Learn How to Quickly Reduce Stress, Panic and Anxiety the Natural Way with Medicinal Herbs (Anxiety Self Help Books, Anxiety Disorder, Herbal Remedies)

Rose Graham

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Go ahead and discover the key to winning the fight against anxiety. Find out what many have failed to realize in their battle – that there's no need to sacrifice your health and sanity just to achieve that much-needed peace and calm from within.

Reduced price for a limited time only! Some might say that anxiety isn't that big a deal, but those who've experienced it (or experience it regularly) would surely say otherwise. Being controlled or overwhelmed by both stress and panic isn't something that you easily forget – especially since such a scenario could very well unfold during the most critical of moments, robbing you of the ability to think clearly and act properly. The question now is, how does one beat anxiety? More importantly, is there a way to manage it without relying on medications that could potentially cause all sorts of side effects? Actually, there is a way – and it only requires you to tap into the power of Mother Nature. In this book, you'll understand what anxiety really is, and how it could be reduced or controlled with the use of safe yet powerful herbs.

Here's what you'll learn on Natural Anxiety Relief:

Understanding Anxiety

- Types of Anxiety
- The biology of Anxiety
- Short-term anxiety vs. long-term anxiety
- Anxiety and its disorders
- Causes of anxiety disorders
- Treating anxiety
- Coping with Anxiety the Natural Way

Herbs for Natural Relief of Anxiety

- Chamomile
- Valerian
- St. John's Wort
- Lavender
- Passionflower
- Lemon Balm
- Hops

- Kava
- Tea Plant

Herbal Recipes and Remedies for Anxiety Relief

- What is a tisane?
- Making kava
- What is a tincture

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Joyce Washington:

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Richard King:

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Lorna Dews:

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