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## The Treatment of Anxiety Panic with Bach Flower Remedies

By Estella Ritter

Xlibris Corporation. Hardcover. Book Condition: New. Hardcover. 144 pages. Dimensions: 9.4in. x 6.4in. x 0.7in. Book Title The Treatment of Anxiety and Panic with Bach Flower Remedies The Author Estella Ritter, B. F. R. P. Book Category Self Help, Alternative Medicine Book Description Practical, comprehensive help for stress related anxiety and anxiety disorders. Anxiety being the main mental health concern for women, and second only to substance abuse in men, The Treatment of Anxiety and Panic with Bach Flower Remedies offers both a practical and comprehensive guide to everyone struggling with panic attacks, anxiety attacks, social fears, generalized anxiety, or obsessive compulsive behaviors. Representing a fluid, self-directed process to emotional healing the goal of the technique is to present a very contemporary, user-friendly, and immediate response to emotional distress. Working by specifically targeting every type of negative state of mind reveals an amazing, subtle energy approach that is neither created in the language of pop culture, nor new age therapy. By explaining step-by-step how to use one of the most effective healing tools nature has provided to us, this book in a non-clinical voice, addresses the debilitating impact of anxiety, and shows how to effectively overcome anxiety driven symptoms in order...

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