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By Wendy Green

Summersdale Publishers, United Kingdom, 2017. Paperback. Condition: New. Revised. Language: English . Brand New Book. In this easy-to-follow book, Wendy Green explains how psychological, genetic and dietary factors can contribute to anxiety, and offers practical advice and a holistic approach to help you deal with the symptoms. From simple dietary and lifestyle changes to DIY complementary therapies, find out 50 things you can do today, including: Replace negative thoughts and behaviour with positive ones Manage stress and relax to reduce symptoms Choose beneficial foods and supplements Find helpful organisations and products.



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