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learn more about anxiety disorders, including types, ... if symptoms of an anxiety disorder are present, ... do you know how stress affects your health? recommended ...

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stress and your health stress is a feeling of emotional or ... generalized anxiety disorder; stress and anxiety; references. ahmed sm, hershberger pj, lemkaup jp.

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1. principles and practice of stress management, third edition by paul m. lehrer, robert l. woolfolk, wesley e. sime 2.
anxiety and its disorders by david h ...

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