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all information in this article is acquired from dr. archibald hart's very helpful book: hart, archibald. (1999). the anxiety cure. nashville, tn: w publishing group.

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this book really helped me to understand so much about anxiety. especially how stress contributes to anxiety and panic, and how i can halt anxiety and panic before it ...

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hart describes anxiety as "a disease of stress" that can result in a multitude of physical and emotional symptoms and illnesses (p. 139). they include ...

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