

REVISED THIRD EDITION

HARDCORE SELF HELP

# F\*\*K ANXIETY

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## Hardcore Self Help: F\*\*k Anxiety (Volume 1)



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Hardcore Self Help: F\*\*k Anxiety is for those folks that find the chance of reading a traditional self help book to be way too boring. There is normally plenty of swearing and humor and also loads of helpful and actionable details. In Hardcore Personal Help: F\*\*k Stress and anxiety, I talk to you like a friend. This book is certainly not really a chore. How are you likely to make positive transformation in your life if the publication itself feels as though a chore? You find out about anxiety and how to find the weapons within you to ultimately slay it for good.



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Let me summarize this entire book: breathe. .. I was completely disappointed. Let me summarize this whole book: breathe. When your life is full of constant panic, nervousness, and be concerned- All you need to do is a little yoga exercises and breathe and your crippling fears will go away- according to everyone that does not actually have anxiety. Its not that this book is completely incorrect, its that it does not have any more info when compared to a psychology today content and is as well generalized to be helpful. If you simply discovered yesterday that you may have very mild stress this may help you but if you have suffered for years, been to therapy and your searching for new info on handling daily life with anxiety, look elsewhere. Waste of money. They feel comfortable when someone is 'genuine' with them. Unique among all of the self help books I've read thus significantly in my lifestyle (which, admittedly, isn't many) I found Hardcore Self Help: F\*\*k Panic to be helpful and applicable to my life and daily struggles almost instantly. Robert Duff doesn't utilize the dreaded "psychobabble"; Do you want to find all the answers here? We was completely disappointed. Needless to say, what works for one person won't necessarily work for another, but if you are struggling and buying reserve that deviates from the most common personal help norm, I highly recommend Hardcore Self Help: F\*\*k Anxiety. " It doesn't state to move deep in the mental science of panic and that's great. It helped me comprehend a . Loved it I might be too lazy to actually use the tools he gives in the book, but I would reread it because it is light hearted and makes me feel much better.. It's a straightforward "It'll be okay." It doesn't claim to proceed deep in the psychological science of stress and that's great. It helped me comprehend a recent anxiety analysis through hilarious analogies and awful language and simple coping mechanisms. I'd definitely recommend it to others coping with a new diagnosis. Well worth your time Great segue into getting out of your mind and into your life. he's not really out to impress the reader along with his superior cleverness, nor is he just speaking with hear himself chat (er, write). No. Why? Because they don't can be found. I had a significant panic attack amid reading this. By using some of the suggested methods I was completely fine the next day. So I've been developing coping strategies not merely for myself but for my student sports athletes and this is a perfect antidote for that. These exact things make his assistance and insight come across as authentic, his desire to help the reader making use of their anxiety sincere. Nothing new or profound nor useful After reading all the positive reviews for this book I was really looking towards reading it.. Nothing fresh or profound nor useful. Duff speaks to the reader like they are his friend. I'm uncertain what, but. Quick read In all honesty, I was searching for a bit more...more. Name your stress, breathe and count, you can do this. I've been able to read several books this season and learn some methods of which the 478 breathing technique can be one of my favorites. I just bought two more copies to give to friends who I know would find it useful. Provide it a dead I enjoyed this reserve as someone who suffers from bad anxiety. Insightful and to the point I work with student athletes, collegiate football student athletes. it had been like a convo I'd have with a pal or maybe myself. Great for drug abuse counselors I work as an authorized Chemical Dependency Counselor and this book is ideal for those I use. It contains a lot of very good information and a lot that I could personally relate to. Hardcore Self Help: F\*\*k Anxiety was written in the design of one friend talking with another, complete with swearing and a no-nonsense attitude (both which I appreciated immensely). I love all the talk about breathing because for most that is the first thing they need to do and the only thing they can accomplish. We can talk all about the psycho babble stuff later. For my customers, I simply have to get them to focus and be able to sit still for longer than 5 minutes. Thank you for being real and I'll continue to use your meditation with my clients. Exactly what i was looking for I am a very analytical thinker. To understand something I

need to know why its happening. Which is one of my favorites. And one of things that I've noticed as a caretaker I have a tendency to take on the stress and stress and anxiety's of Student Sports athletes. Lots of books get into industry verbiage to the main point where you feel lost. Now you have anxiety and you feel lost. I've by no means loved a book therefore much that I needed to share it. The only thing is I want it was longer. Great product Great product A great book for those who don't like reading I'm not a strong reader and I don't comprehend well, and he mentions early on in the book, this is written from the idea of watch as a friend. It makes it so easier to learn and I adored the designers and there since it would make me laugh and keep me entertained (despite the fact that I don't curse very much by myself). Another noteworthy point, quickly into the book I learned how to identify the real reason for a few of my anxieties and it helped me as I was suffering from anxiety while reading the book and it totally proved helpful!! I recently began meditating, I've go through 12 books this season which is a lot more than I have read within a year. It'll be every penny well spent!!! Thank you so much for writing this book Nice intro Well written introduction to self help.. Good coping strategies for anxiety decrease and mental awareness Really worth it.. Nothing a lot of people would not already know, so when with many self-help books, it might probably have all been said in two or three pages. The language may be a small abhorrent for some but also for those I work with, it's right on their level. ok, I guess I did not find the writer all that funny. I think he was attempting too hard. Very short but to the point.. It's sometbing you could read in one sitting depending on just how much period you have.. Three celebrities for the info provided and five stars for the tone of the book. Great! Great anti-anxiety book If you have a feeling of humor, you will love this book. It is easy to read, understand, and will actually make you laugh.. This reserve was super true and easy to read. Literally just like the previous day never occurred. That was essentially my eliminate. I was luckily enough to read this publication through a free trial of kindle unlimited, but I recommend buying this publication. I have debilitating panic and axiety attacks.



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