



## Take Control of Your Anxiety

*Chris Cortman, Harold Shinitzky, Laurie-Ann O'Connor*

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Do you know what really triggers panic attacks? Are you aware of what thinking patterns create anxiety? Are you a chronic worrier? Have you ever self-medicated with alcohol or tranquilizers?

According to mental health professionals, anxiety disorders have emerged as the common cold of mental illness. Every family is touched in some way or another by anxiety issues and, with ever-increasing frequency, diagnosable anxiety disorders.

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