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F.G. Cardin, Reclaim your social life Nature's Comfort empowers you to overcome social anxiety with natural practical tools Learn how to manage anxiety symptoms build social skills and embrace social situations with greater comfort

Newsletter for Research in Mental Health and Behavioral Sciences, 1973 *Achieving Equilibrium* Gaylin Tudhope, Ros Draper, 2023-04-25 A different and exciting form of self care in the form of practical mind to body self regulation In the challenging times of the 21st century looking after oneself and navigating the bumps in the road has become more difficult than ever However this fascinating book written by two psychotherapists with many years of experience provides a simple and reliable means of restoring the balance which is vital for the robust body mind system we need if we are to be able to bounce back from adverse experiences It is this balance homeostasis that provides us with the highway to wellbeing and it is our body mind system's innate capacity to self regulate which is at the core of this book Using six key Autogenic Training exercises the authors provide readers with the skillset to self regulate at any time or any place These exercises can activate the parasympathetic nervous system and involve body scans breathing and other bodily awareness exercises **Anxiety Management Training** John Albert Nicoletti, 1976 *Animal Behaviour Abstracts*, 1973

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