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More Than Words John Howard, 2023-02-07 Increase intimacy connection and love with this critical Vanessa Van Edwards bestselling author of Captivate The Science of Succeeding with People science based guide to creating meaningful and lasting relationships When it comes to building a better relationship with your partner touch and connection matter so much more than the words that you say And author and therapist John Howard is here to tell us why More Than Words shows you how to deepen love and connection in any relationship based on the latest cutting edge research in interpersonal neurobiology trauma informed healing attachment theory and many more scientific fields This brilliant guide Diane Poole Heller PhD author of The Power of Attachment explains why verbal communication may not elicit the connection you seek and offers ways to practice and form new habits that can nurture love care safety comfort and passion in relationships Science shows that these techniques work but most people don t know them yet You can start using these techniques today to increase intimacy and emotional connection in your closest relationships Mindful of all the needs of the modern individual More Than Words is inclusive of LGBTQ polyamorous and other nontraditional committed relationships and ultimately looks to elevate the way we strengthen the most important bonds in our lives

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Mindfulness, AI, 2025-03-12 Aging and Anxiety explores the intersection of mental health and the aging process offering strategies for managing stress and building emotional resilience As individuals age they often face unique challenges like physical decline and social isolation which can exacerbate existing anxieties or trigger new ones Interestingly societal attitudes toward aging also play a significant role in mental well being highlighting the need for a supportive and understanding environment This book emphasizes that anxiety in older adults is not an inevitable part of aging but a manageable condition It delves into the physiological and psychological changes that impact anxiety levels identifying common triggers and patterns Practical approaches such as mindfulness building social connections and stress management techniques are presented alongside guidance on seeking professional help The book also acknowledges controversies surrounding medication overuse promoting a balanced approach Through clinical research case studies and expert interviews Aging and Anxiety adopts a strengths based perspective emphasizing the inherent resilience of older adults The book progresses from core concepts to practical strategies offering a comprehensive guide to improving mental health and overall well being in later life

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The Anxiety Cure Robert L. DuPont, Elizabeth DuPont Spencer, Caroline M. DuPont, 1998-07-13 This book offers an eight step practical program for fast and long lasting relief of anxiety symptoms

Anxiety, Phobias and Panic Reneau Z. Peurifoy, 1992 An experienced professional counselor offers an understanding of common nervous disorders from mild anxiety and stress to severe agoraphobia and shows how they can be controlled Originally self published

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The American Homoeopathist, 1893

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