



# Trastorno de Ansiedad: Una mañana sin angustia (Colección Salud) (Spanish Edition)

*Apolo Zepeda*

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¿Está preocupado y no sabe por qué? ¿En ocasiones se siente inseguro o tiene temores constantes? ¿Vive con estrés? El Trastorno de Ansiedad es la “enfermedad de los nervios” más común, se presenta hasta en un 25% de la población mundial; es normal sentirse ansioso ante una situación amenazante, pero, si una persona es incapaz de relajarse, comienza a alterar el funcionamiento normal de su sistema nervioso. Es importante conocer los síntomas ya que puede haber consecuencias, como la automedicación y el alcoholismo. ¿Qué puedo hacer para controlar la ansiedad? Muchas veces no podemos controlar situaciones cotidianas, sin embargo, hay que aprender a relajarnos; además, es necesario comprender bien este trastorno para poder llevar una vida más tranquila.

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