

The Fix Your Anxiety Handbook

Exiling The Anxiety Demon, And Paving The Way For A Brighter Tomorrow - The Author's Take

By Faust Ruggiero

During the last decade, nothing has affected the human condition more drastically than anxiety. Estimates have adults suffering from anxiety reaching over 30% of the population. However, since so many people do not report the condition, the statistics are generally thought of to be much higher.

With so little accurate information being presented about this condition, it continues to devastate population, and this insidious condition isn't only relegated to adults. We are seeing rises in childhood and adolescent anxiety at alarming rates. Suicide rates are up, as are drug and alcohol addiction, and we are seeing prescription drug use, for both adolescents and adults rising significantly.

For decades, there has been a shortcoming in the way self-help books are written. Most tend to have longer chapters, and unfortunately, the reader's understanding of what to do with the information isn't always clearly presented. This causes the information to fall short of its intended therapeutic goal. The Fix Yourself Empowerment Series fills that gap, providing short succinct chapters, packed with usable information, and followed by the exact action steps that are necessary to make the changes, steps that are so desperately needed.

So, do you want to understand everything you need to know about anxiety, have a program to help you reduce its impact on your life, and eventually free yourself from its paralyzing effects on you? If so, The award-winning *Fix Your Anxiety Handbook* is for you. This is book two in The Fix Yourself Empowerment Series. It follows the award-winning *The Fix Yourself Handbook*, which debuted in December 2019.

Consistent with *The Fix Yourself Handbook's* approach, the program is presented as a *process journey*, with an interesting twist. I am presenting anxiety as though it is a living monster who resides inside your body and mind. The most important point to understand is that anxiety is *not* who you are; it is what you have. With this in mind, I have chosen to present the problem as though anxiety is

an actual beast that has invaded your body. Thus, you will see the terms *anxiety demon*, *beast*, and *monster* used to describe the condition.

I am describing anxiety this way to help you understand what is happening to your body, your mind, and your emotions. I want you to be able to separate yourself from the condition, and to create a clearer picture of what is happening to you as anxiety becomes a dominant force in your life. When anxiety takes hold of your life, it is difficult to understand what is happening to you, because you are so overwhelmed with the pain it causes. Since anxiety is not who you are but what you have, I want you to feel as though you are attacking something other than yourself—because you are.

Each bite-size chapter presents the necessary information you will need to understand a specific dynamic about the condition. The causes of your anxiety, and how it exerts its influence over you are discussed, and the precise steps to help you correct the problem are provided as the chapters wind down. I've designed this program so you may apply the steps to your own personal life circumstances, as they exist in *your* life. However, as you will see, the problems presented here can be experienced by anyone who suffers from anxiety, at one time or another. You are not as different as you think you are, and there is a logical way out of your distress.

The Fix Your Anxiety Handbook is the product of more than thirty years of practical counseling application. With an expertise on both research and counseling, I have developed the program, researched it extensively, and have used it with great success with my clients. It's a dynamic addition to an existing counseling program, or if you have difficulty obtaining professional counseling, it can provide you with either a viable alternative, or an introduction to that step.

I have kept the chapters short and to the point, with information that is direct and concise. This is the way the information is best understood. Since the book is also going to be used as a reference guide for you, should you need it in the future, the design makes it easier to refer back to each chapter if you need to refresh yourself at a later date.

As the chapters conclude, you will find the "Time to Take Action" sections. Here, I present the exact steps I am advising you to take to help alleviate the

problem examined in the chapter. In everything I teach, I always provide those action steps, because information without a workable course of action is rarely usable. These action steps are the fuel that makes the program run. I have also provided you with a short affirmation. This will help you maintain your enthusiasm as you continue to address the issues presented in the chapter. The chapter closes with a short introduction regarding what I will be covering in the next chapter.

As you move forward in your life, it will be important for you to embrace the concept of information-gathering and fact-finding. Correct information always leads to the potential for a solution. With this in mind, Chapters 1 through 8 are designed to provide you with the necessary information to understand the dynamics of anxiety, that is, what anxiety is doing to you. It is very important to read these chapters carefully, because they will provide you with the foundational information you need to begin to move forward with an efficient plan to address your anxiety.

After you have read the first eight chapters, and have the foundation you need to understand anxiety, you can move on to Chapters 9 through 18 and begin building your treatment plan to banish the anxiety demon from your life. These chapters provide you with specific features of a workable plan to help you alleviate your anxiety, as well as the steps you need to take to formulate that plan, and begin your process of recovery from this debilitating nemesis.

Chapter 19 provides you with the information you need to understand how to live in the new world you are creating. Many people aspire to ascend to a new way of life, but it can be difficult to stay there. This chapter provides you with the information to do just that. Chapter 20 summarizes the information in the book, and Chapter 21 provides you with a viable plan to help you keep the gains you have made in your recovery from anxiety.

The book provides you with the tools to help you move beyond your anxiety initially, and will always be available as a reference guide, and a lifelong support ally. Consistent with any program that I design and implement, it is not meant to be a quick-fix problem-solver. This is a lifelong program designed to provide the information you need to help you move beyond your anxiety, and live a happy and healthy life free of the “anxiety demon.”

If you are willing to give this program your time and commitment, it will become an invaluable part of everything you choose to do as your life continues. You are greater than the anxiety that has previously defined your life. In fact, you are great. So, get ready to become the master of your destiny. Prepare yourself for a life-changing program. There is a way out of your anxiety . . . and this is that way! Follow me.

Faust Ruggiero is the award-winning author of The Fix Yourself Empowerment Series, and the new *The Fix Your Anxiety Handbook*.
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