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Anxiety disorders\_grouped into three main categories: panic, generalized anxiety, and social anxiety\_are among the most common and pervasive mental health complaints. From the subtlest effect of sweaty palms during a work presentation to the more severe symptom of reclusion, anxiety casts a wide net.

Medication, once considered the treatment of choice, is losing favor as more and more sufferers complain of unpleasant side effects and its temporary, quick-fix nature. Now, thanks to a flood of fresh neurobiology research and insights into the anatomy of the anxious brain, effective, practical strategies have emerged allowing us to manage day-to-day anxiety on our own.