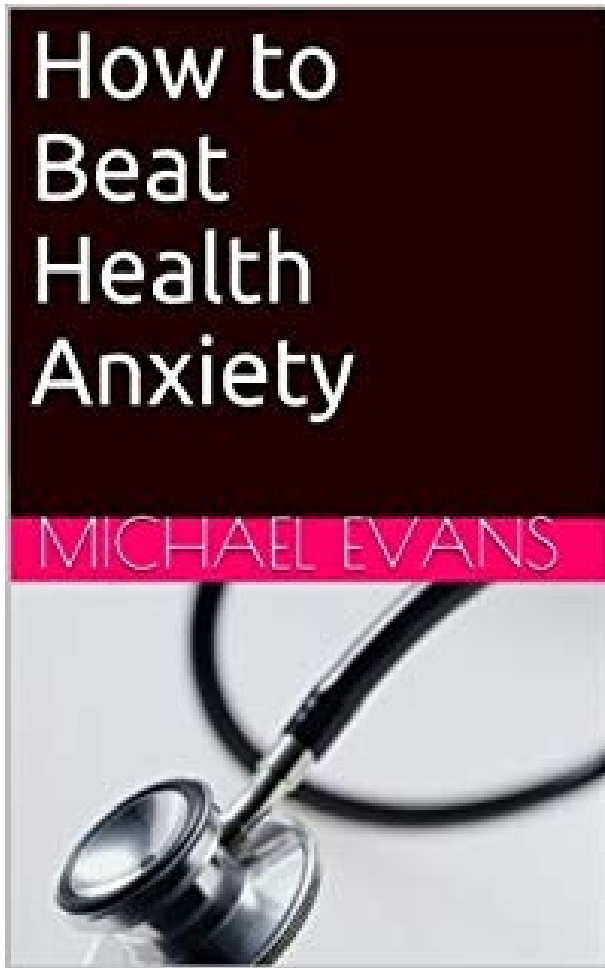


# How to Beat Health Anxiety



<b>Pages:</b>	49
<b>Genre:</b>	Uncategorized
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<b>Author:</b>	Michael Evans
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[How to Beat Health Anxiety.epub](#)

Do you worry excessively about your health? Do you get unexplained symptoms that you research online? Do you avoid medical TV shows and health-related stories in the media? Do you always fear that doctors have 'missed' something, even though your tests are normal? Does every little symptom send you into a blind panic? Are you convinced you have cancer, MS or a heart problem even though doctors say you're fine? If you've answered yes to any of these questions, you probably have health anxiety. This book tells you how you can beat health anxiety without resorting to anti-depressants or expensive therapy sessions. This book has been written by someone who suffered from severe health anxiety for 8 years before discovering a way to overcome it completely. The 10 steps in this book will show you how to beat health anxiety and get your life back.