



Pathways to Mental Health and Anxiety Management: An Adventure Into the Mind

Frank Hannah

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Everyone would like to think of themselves as mentally healthy. But not so fast! You...yes, you...can improve your mental health, and learn to manage anxiety effectively. The focus in this book is on developing and maintaining mental health, not on treating mental illness. When you read this book (and apply what you learn) you will discover what mental health is, how you can move toward excellence in that area and how to prevent or reduce the anxiety that temporarily compromises it. This is a valuable guide for self-improvement, a real adventure into the mind. With optimal mental health, you can accomplish more, improve your relationships, recognize a wider variety of choices and, best of all, gain a rock-solid self concept. Mental health awareness! A concept whose time has come.

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