

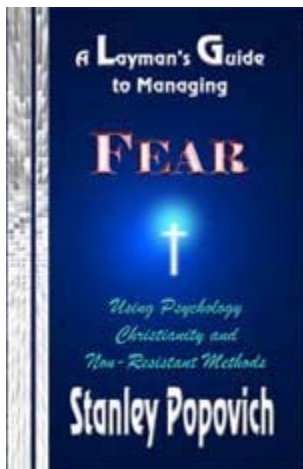
People Who Deal With Fear, Anxiety And Depression On A Regular Basis

A Layman's Guide to Managing *FEAR*
Using Psychology, Christianity and Non-Resistant Methods
by Stanley Popovich

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Author discusses how fear and anxiety can devastate a person's life.

April 1, 2009-Pittsburgh, PA- What can a person do when their fears and anxiety have the best of them? It can be tough to deal with fear, anxiety and depression on an every day basis. Many people who deal with these issues feel helpless and do not know how to manage their fears.



Stanley Popovich, author of 'A Layman's Guide To Managing Fear' understands that fear and anxiety is very common in today's world. Fear and anxiety can have a devastating impact on a person's life. Persistent fear and anxiety ruins lives and can devastate families. Fear and anxiety can also lead to additional health problems that can have long-term effects on one's life.

The National Institute of Mental Health reports that approximately 1 in every 5 adults suffer with the anguish of a fear-related disorder. Here are some quick facts:

- 18.8 million American adults will suffer from depression this year
- 2.3 million American adults will struggle with Bipolar disorder this year

- 9.1 million American adults have an anxiety disorder
- 2.4 million American adults will experience a panic disorder this year
- 3.3 million American adults will be treated for OCD this year
- 5.2 million American adults will experience Post-Traumatic Stress Disorder this year

Fear exacts untold costs upon American society. Even more sobering is that many people do not know where to turn for help. Mr. Popovich knows what it is like to deal with fear and anxiety. Mr. Popovich wrote a book that focuses on those strategies that will manage fear, anxiety, and depression. A person who reads Mr. Popovich' can get many ideas on how to deal with fear, anxiety, OCD, depression and other mental health issues

The book is easy to read and provides instant help. Half the book focuses on cognitive and behavior therapy and the other half of the book is Christian based. The book is geared for both the religious and non-religious person who struggles with fear, anxiety, OCD, depression, panic disorder, suicide, and bipolar disorder. Stan's book is not a substitute for the guidance of a professional." Remember that when dealing with fear and anxiety, the key is to be smart in how you manage it.

Copies of 'A Layman's Guide To Managing Fear' can be obtained at <http://www.managingfear.com>. Stanley Popovich is available for interviews and can be reached by email at spopovich@managingfear.com

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