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# Hardcore Self Help: F\*\*k Anxiety (Volume 1)



## Synopsis

Hardcore Self Help: F\*\*k Anxiety is for those of us that find the prospect of reading a traditional self help book to be way too boring. How are you supposed to make positive change in your life if the book itself feels like a chore? This book is definitely not a chore. In Hardcore Self Help: F\*\*k Anxiety, I talk to you like a friend. There is lots of swearing and humor and also loads of helpful and actionable information. You learn about anxiety and how to find the weapons within yourself to slay it for good.

## Book Information

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## Customer Reviews

I've suffered with anxiety and panic disorder for about three years now maybe longer. It was only a few years ago that I had my first serious over the top panic attack that sent me to the ER thinking that despite the odds I was having a panic attack. I've read a lot of books on anxiety and stress and all of the in between, but this has to be one of my favorite. Why? 1. It talks directly to the read. I like that. I enjoy that. It has a calming effect to it. 2. Humorous. When you live with anxiety long enough sometimes you have to laugh at it. This book takes the subject matter seriously, but doesn't drone on in a way that annoys me enough to put the book down. 3. Down to Earth and realistic. 4. It talks about how to speak those in your life about the condition and what you're going through. One of the hardest things I've ever had to do was talk to my father about my condition. It was freaking horrible. To this day he still doesn't get it. And while I will say even with the writer's advice there will still be people that will never get it; I thought it was nice that this book addressed this. I believe it shows that the writer really understands what's up with anxiety.

I've dealt with anxiety for a really long time at this point and I've read a number of books. This book is certainly different and reaches a different bracket of readers for sure. That I did enjoy. But for the most part it's just like every other anxiety self help book it's no the holy grail or the answer to all your troubles but it'll be a start for some.

I have read a lot of books on anxiety. A LOT. I have never run across one that sounded like someone explained things to me in my native tongue: American Cussing Like Sailors. Some of the analogies made me actually laugh out loud and not just LOL! Very refreshing, humorous and realistic look at anxiety issues and treatments and some easy, practical advice on free things that you can do for yourself any time and anywhere that anxiety strikes!

I don't write as many reviews as I should, but after reading this book last weekend, I've since sent it to three other people I know who also suffer from anxiety. The book is a quick read and on its own isn't going to "cure" anxiety, but it has some good strategies for dealing with panic attacks and has some sensible suggestions for next steps. Most of all, I think I appreciated the author's humorous style. By taking a lighthearted (but never dismissive) approach to anxiety, Duff helps to put it in perspective. It's nice being reminded that, as horrible as it feels when you're in the grips of an episode, you are not going to die from it, even if it sometimes feels that way. I would recommend this book to anyone who needs a quick dose of reassurance.

I actually feel bad for giving it this rating, but it is what it is. I'm glad it has helped others. I was looking for something different "as he says in the book. But the book is repetitious and is on the verge of being a waste of my time. I also find it hard to take books seriously with grammar mistakes. Another problem... I just couldn't relate to anything in the book "but that's not his fault. Hopefully I can find something else to better relate to. Just briefly: I have problems creating fake scenarios and stressing about literally everything, including annual events "it's never ending; no matter how many times I've endured the same thing, and it turned out okay. I also sabotage every single day off work. I wish these topics had been elaborated on more. Oh well.

Every self help book is going to say the same thing. It's the delivery that matters. If you need to feel like you're reading a very helpful note from a very close friend, then this book is for you. It held my attention, gave me the information I so desperately needed at the time, and I felt comfortable

following the steps. The breathing exercise was my favorite part. I also really appreciated that the author included different forms of anxious feelings and panic attacks. I felt like he got me since I suffer from more than one symptom myself. And reading all of these different symptoms made me realize that I wasn't alone in this, and that I wasn't imagining things. If I could meet this author in person, he would get a big thank you and an even bigger hug. He really has no idea how much his book has helped us who are really suffering. Thank you. Really, thank you!

Read the book in one sitting, by far the best "self help" book I've read. It embraces anxiety and gave solutions rather than make you feel irrational, we already know we think irrationally. Straightforward and informative but not overwhelming whatsoever!

I have suffered from anxiety for the past several years and I have tried to read several self-help books and have been given books from many loved ones. I even purchased several sleep and breathing apps. I also worked with a therapist...and situation was not changing. In fact it was getting worse as each day passed. I was constantly in a state of panic. Purchasing this book was the best thing I could of done to put me on the right path to finding myself again. Duff is one of kind! So thankful for his frank and insightful book that allowed me to actually smile and laugh about what is otherwise not so pleasant issue. I truly believe I would still be where I was a month ago without this book.

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