



## How to Manage Separation Anxiety (Paperback)

By Travis Breeding

Createspace, United States, 2014. Paperback. Condition: New. Large Print. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Travis experiences a lot of anxiety in all areas of his life. When it comes to being social and making friends Travis anxiety is magnified to a level that is difficult to manage. Travis develops separation anxiety with his friends and finds it hard to be separated from his friend. Much like separation anxiety a baby has with it s mother, adults can suffer from separation anxiety with friends. Rather it be a friend, family member, or co-worker adult separation anxiety is a real thing. Psychologists are considering adding separation anxiety to their diagnostic book because it is becoming more prevalent and interfering any many adult lives. Travis shares he he learned to cope with separation anxiety. Read how Travis goes from sending his friends 50 to 100 texts per day down to sending them 5 or 10 texts per day. Travis shares some of the coping mechanisms he uses and talks about some of the medicines he takes to help him cope with anxiety. Travis shares that at the height of his anxiety level it feels like he is...

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