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6 things anxiety disorders have taught me how to cope with them

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Anxiety is a mental illness that affects 18 million people in the United States, or 1 in every 6 people. It affects people of all ages, races, and genders. It affects people of all walks of life. It affects people who have jobs, families, and friends. It affects people who have hobbies and who have dreams. It affects people who want to do something with their lives but can't because they are too anxious to do it. It affects people who want to be happy but can't because they are too anxious to be happy. It affects people who want to be healthy but can't because they are too anxious to be healthy. It affects people who want to be loved but can't because they are too anxious to be loved. It affects people who want to be successful but can't because they are too anxious to be successful. It affects people who want to be good but can't because they are too anxious to be good. It affects people who want to be kind but can't because they are too anxious to be kind. It affects people who want to be generous but can't because they are too anxious to be generous. It affects people who want to be patient but can't because they are too anxious to be patient. It affects people who want to be forgiving but can't because they are too anxious to be forgiving. It affects people who want to be grateful but can't because they are too anxious to be grateful. It affects people who want to be happy but can't because they are too anxious to be happy. It affects people who want to be healthy but can't because they are too anxious to be healthy. It affects people who want to be loved but can't because they are too anxious to be loved. It affects people who want to be successful but can't because they are too anxious to be successful. It affects people who want to be good but can't because they are too anxious to be good. It affects people who want to be kind but can't because they are too anxious to be kind. It affects people who want to be generous but can't because they are too anxious to be generous. It affects people who want to be patient but can't because they are too anxious to be patient. It affects people who want to be forgiving but can't because they are too anxious to be forgiving. It affects people who want to be grateful but can't because they are too anxious to be grateful.

Anxiety Disorder