

Title:

Quiz - Do You Get Anxiety Attacks?

Word Count:

275

Summary:

Anxiety is very common. Fear, worry, anxiety, unease are all very common feelings. Anxiety att

Keywords:

Article Body:

Anxiety is very common. Fear, worry, anxiety, unease are all very common feelings. Anxiety att

What are anxiety attacks? An immediate onset of great amount of anxiety suddenly is an anxiety

Why do we get anxiety attacks? The causes of such attacks are mainly rooted in our ancestry. C

The other reasons may include some incidents of childhood, that are carried to the adulthood o

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