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I'm 25 So Why Do I Think I'm Dying!?!: Coping with Hypochondria/Health Anxiety

Jonathan Howard

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I'm 25 So Why Do I Think I'm Dying!?!: Coping with Hypochondria/Health Anxiety

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I'm 25 So Why Do I Think I'm Dying!?!: Coping with Hypochondria/Health Anxiety Jonathan Howard Are you tired of thinking death is right around the corner? Scared of every little freckle, bump, bruise, or cough? So am I! I'm 25 so why do I think I'm dying? For over 10 years I've dealt with hypochondria, but through the panic attacks, depression, twitchy eyelids, and questionable research, I've discovered a number of ways to keep my health anxiety at bay! Don't let hypochondria take over your life! Through stress management, trigger knowledge, and a new outlook on life, it is possible to live happily in peace.

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