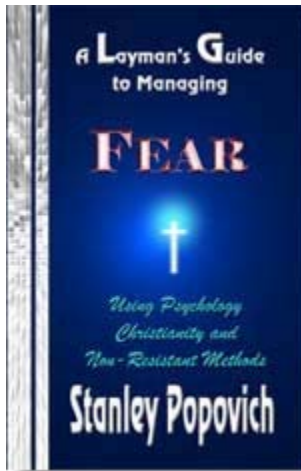


People Who Deal With Addiction, Substance Abuse, Recovery And Their Fears

A Layman's Guide to Managing *FEAR*
Using Psychology, Christianity and Non-Resistant Methods
by Stanley Popovich

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Author: Stanley Popovich
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Author discusses how alcohol and substance abuse will not take away a person's fears



April 8, 2009-Pittsburgh, PA- Your fears, anxieties, and other problems have the best of you and you don't know where to turn for help. At some point you feel totally helpless as you struggle each day. In these cases, some people will use alcohol or other substances to feel better.

Stanley Popovich, author of '**A Layman's Guide To Managing Fear**' understands that fear and anxiety are very common with people who deal with addiction. Many people use alcohol or other substances to take away their problems and fears. That is a mistake. In the short run, alcohol or drugs might make you feel better, but in the long run these addictions will only make things worse. Alcohol and substance is not the answer to dealing with your fears and anxieties.

The National Institute of Mental Health reports that approximately 1 in every 5 adults suffer with the anguish of a fear-related disorder. Here are some quick facts:

- 18.8 million American adults will suffer from depression this year
- 2.3 million American adults will struggle with Bipolar disorder this year
- 9.1 million American adults have an anxiety disorder
- 2.4 million American adults will experience a panic disorder this year
- 3.3 million American adults will be treated for OCD this year
- 5.2 million American adults will experience Post-Traumatic Stress Disorder this year

Fear can have a devastating impact in a person's life. What is worse is that many people do not know where to turn for help. Mr. Popovich knows what it is like to deal with fear and anxiety. Mr. Popovich wrote a book that focuses on those strategies that will manage fear, anxiety, and depression. A person who reads Mr. Popovich' can get many ideas on how to deal with fear, anxiety, OCD, depression and other mental health issues.

The book is easy to read and provides instant help. The book is geared for both the religious and non-religious person who struggles with fear, anxiety, OCD, depression, panic disorder, suicide, and bipolar disorder. Stan's book is not a substitute for the guidance of a professional.

When your fears, depression, and anxiety have the best of you, it is easy to feel that things will not get any better. This is not true. There is a great deal of help available in today's society and the best way to deal with your fears is to find effective ways to overcome them. The key is to be persistent in finding those answers that will work for you.

Copies of '**A Layman's Guide To Managing Fear**' can be obtained at <http://www.managingfear.com>. Stanley Popovich is available for interviews and can be reached by email at spopovich@managingfear.com

Contact Details:

Stanley Popovich

www.managingfear.com

spopovich@managingfear.com