



Press Release Contact Information:

Stanley Popovich
Managing Fear
Author
2259 Camelia Dr.
Supply, NC
USA, 28462
Voice: 910-842-9248
E-Mail: [Email us Here](mailto:stanley@managingfear.com)
Website: [Visit Our Website](http://www.managingfear.com)

Celebrities And People Who Struggle With Fear, Anxiety and Rehab - Interview With Stanley Popovich

Author discusses how fear can affect any person, regardless of social status

/24-7PressRelease/ - SUPPLY, NC, May 15, 2008 - Stanley Popovich, author of "A Layman's Guide To Managing Fear", was recently interviewed at the Total Success Now blog regarding a subject that has been making headlines over the last few months celebrities and others who struggle with fear, anxiety and rehab.

Fear lies at the very heart of addiction, which can strike anyone of any socio-economic scale. However, regardless social status or the form the addiction may take, treatment of the addiction and the underlying fear remain the same. Mr. Popovich wrote the book as an all-encompassing resource that summarized all the techniques that are available in managing fear.

The National Institute of Mental Health reports that approximately 1 in every 5 adults suffer with the anguish of a fear-related disorder. Even more sobering are the fact that:

- 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 exacts untold costs upon American society. Mr. Popovich states that "I wanted to write a book that was to the point and focused only on those strategies that will manage the fear and anxiety. A person who reads my book 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. Half the book focuses on cognitive and behavior therapy and the other half of the book is Christian based. 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. Of course, no book is a substitute for the guidance of a professional."

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 stanley@managingfear.com, or at his alternate email address at lonestar_9780@yahoo.com.

Contact

Stanley Popovich
www.managingfear.com
stanley@managingfear.com
lonestar_9780@yahoo.com

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