

The Anxious Athlete Overcomes Life Threatening Mental Illness While Competing On The ATP Tennis Tour

/EINPresswire.com/ The true inspirational story of a Professional Tennis Player in his 6 year battle with Chronic [Anxiety](#) and [Panic](#) Disorder, and how he was able to overcome these mental illnesses unconventionally and naturally while still competing on the ATP tour and raising a family

Singapore – The tennis world has seen many comebacks in the past but none as unlikely as this one. After 6 years Dennis Simsek a professional tennis player and teaching pro on the ATP tour has naturally been able to overcome Generalized Anxiety Disorder and Panic Disorder, after being moments from taking his own life. Emergency visits before and after important tennis matches, intense physical sensations that resembled serious illnesses during matches, and overwhelming fearful thoughts were just a few of the personal mental and physical battles.

The 'Me vs Myself On & Off The Court' eBook outlines natural and unconventional ways Dennis overcame his mental illnesses. The coping strategies such as anti anxiety pills were only a short term fix that didn't lead to long term recovery, and this is causing a major roadblock for people suffering from intense panic and anxiety these days. The ups and downs of this inspirational story will give readers a glimpse into the life of a professional athlete that feared everything from crowded areas to up tempo music. Readers will be able to relate to these stories, gain strength to stay motivated to face their fears, and reach their dreams through my online blogs and 30 day fear eliminator challenge set to launch on Jan 1st.

This eBook as well as the many interactive tools were launched on Dec 15th, and can be purchased through The Anxious Athlete website. I am hoping you will be able to see the enormous benefits that society especially amateur and professional athletes who suffer with mental illnesses will gain from my inspirational story.

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The Anxious Athlete

At Anxious-Athlete.com you will find extremely resourceful and inspirational e-books and downloads, a community forum that focuses on solutions, a weekly video blog made by me, and a contact page that you can access to contact me whenever you'd like. I think it's very important that you feel free to contact me with questions and concerns because when I was going through

my dark days, I really needed someone – not to dump my problems on, but to help me find lasting solutions and stay on track. The other e-books and downloads out there are usually coming from someone who has never gone through a frightening panic attack, never felt the intense physical sensations that chronic anxiety and fearful thinking bring, nor have they felt the lowly feeling of intense fatigue and depression. The inspirational experiences and action steps that have led me to a full recovery after 6 years of battling Generalized Anxiety Disorder, Panic Disorder, Hypochondria and Depression are all presented in the 'Me vs. Myself On and Off the Court' e-book. The ups and (mostly) downs I went through are all detailed there and it is in the form of a first-hand look through the eyes of a professional Tennis player and Coach who wanted so desperately to end the path that he was on. In this e-book, you're going to recognize reasons for why things aren't changing in your life and what you can do to turn it around and get on the lasting path to full recovery from chronic Anxiety, and along the way you might even do something that has probably been a challenge for you recently....laugh!

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