

ANTIHYPOCHONDRIAC

Meaning: ANTIHYPOCHONDRIAC: relating to a perspective or approach that emphasizes a positive and rational attitude towards health, countering excessive worry about illness.

1. The therapist specialized in treating patients with an antihypochondriac approach to health concerns.
2. His antihypochondriac philosophy encouraged individuals to focus on positive aspects of their well-being.
3. She became an antihypochondriac advocate, promoting mental resilience against health anxiety.
4. The doctor emphasized an antihypochondriac mindset to alleviate unnecessary fears about illness.
5. By adopting an antihypochondriac perspective, he learned to enjoy life without constant worry about his health.
6. Her antihypochondriac approach to wellness involved mindfulness and stress reduction techniques.
7. The workshop aimed to empower participants with antihypochondriac strategies for managing anxiety.
8. He found relief in an antihypochondriac lifestyle, prioritizing joy over health-related fears.
9. The book offered insights into developing an antihypochondriac attitude towards personal health.
10. Through discussing his symptoms openly, he embraced an antihypochondriac view that reduced his anxiety.

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