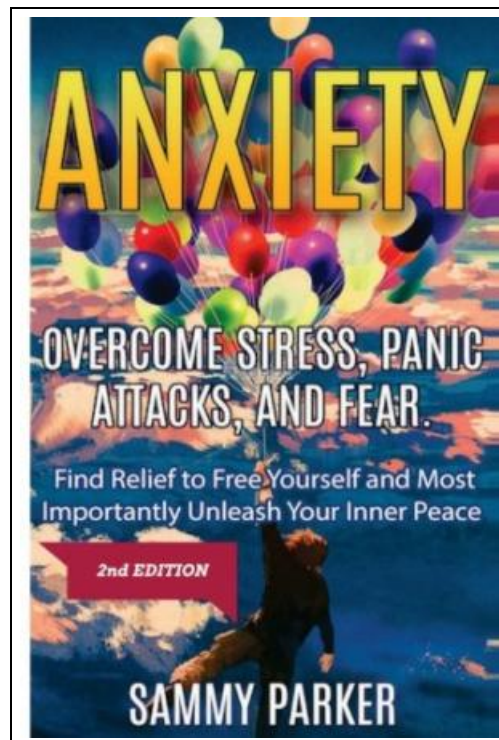


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Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Anxiety is Torturous. Anxiety feels Suffocating. In other words, Anxiety SUCKS. However, Anxiety is CURABLE! I have been a victim of anxiety all of my life. The uncomfortable feeling of my heart racing and my mind being consumed by unnecessary thoughts is not only debilitating, but has taken precious moments of my life. After formally studying this disorder, as well as trying to figure out how to cure myself of this problem, I can happily say I am Anxiety free and I want to help others achieve of what I thought was impossible. Recently I have developed a proven 7-step solution in minimizing and even getting rid of Anxiety completely. My book titled Anxiety: Overcome Stress, Panic Attacks, and Fear. Find Relief to Free Yourself and Most Importantly Unleash Your Inner Peace will help you BEAT this debilitating disorder. In this book, you will learn these steps in overcoming Anxiety altogether: Step 1: Identify, Accept, and Label Your Anxiety Step 2: Accept Change Is Progressive and Your Today Does Not Define Your Tomorrow Step 3: Make Changes and the Right Choices Right Now Step 4: Practice Visualization and Anchoring Step 5: Be Mindful of Your Blessings, and the Present Step 6: Practice Regular Meditation Step 7: Spreading Positivity and Positive Vibes to Your Surrounding After receiving my Masters in Psychology, I have developed the proper techniques and understanding in developing this multi-step process of defeating Anxiety. I helped cure myself of this disorder and now I want to share to others on what I learned and give you insights on just how I did it. This is not your ordinary book because it is broken down into a system of...



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