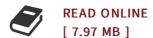




True Freedom: How to Heal Your Anxiety

By Amanda Rex

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Finally, An Anxiety Solution That Actually Works Amanda Rex, former anxiety sufferer and coach for clients with anxiety, used to have multiple panic attacks per day, but hasn t had one in nearly three years and counting! Drawing on several years of her personal and client successes, and world travels to learn traditional modalities, she has created a multi-part program designed to guide you through the healing process. Packed with sixteen sections of practical techniques, Amanda shares her effective and approachable step-by-step method. The end of each section provides you with actionable steps, so you can achieve the results you dream of! Included in this book: Techniques for stopping panic attacks and calming the body. Tips for working past your most common fears. The best/worst foods for anxiety, and how to adjust your diet easily. How to remove the hurdle of anxiety so you can create healthy friendships and relationships. Book reviews: Love this! Great read even if you don t have anxiety, especially if you ve ever been described as an old soul or if you re...



Reviews

Merely no words to describe. I have got study and i am confident that i am going to planning to go through yet again once again in the foreseeable future. You will like just how the writer compose this publication.

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