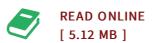




## Transforming Fear and Anxiety Into Power: Life Lessons and the Path to Healing

By Janice M Mann

Balboa Press, United States, 2012. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Transforming Fear and Anxiety into Power is a groundbreaking blend of universal spirituality, new age philosophy, twelve-step recovery knowledge, and A Course in Miracles wisdom. It combines all these elements with real-life courage, creating an accessible guide to healing. The book is a must-read for those who want to find a new way of thinking and living. It is a practical primer and an easy read. It motivates, inspires, and encourages the reader to make the changes needed to decrease anxiety and fear, allowing for transformation into a new, empowered place. It aids the reader in a personal path to mind-body-spirit healing.



## Reviews

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