



Escape From Anxiety: Supercharge Your Life With Powerful Strategies From A to Z

Peggy Sealton

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A comprehensive easy-to-read guide through over 100 transformational strategies. This self-help book is uniquely organized to suit personal lifestyles. Part I is a veritable alphabet of bite-sized solutions from A to Z to use immediately. Part II shares advice on cultivating a personalized program for sustainable relief. It also provides foundational scientific understandings about changing habits and shifting out of painful patterns to supercharge one's life! *Escape From Anxiety* is a professional and personal compilation of effective, time-tested skills based on modern psychology, energy medicine, ancient eastern methods of mindfulness and spirituality, as well as breakthroughs in the neurosciences.

"We accept stress and anxiety as normal," says Stress and Anxiety Expert Peggy Sealfon "It isn't. It's a pandemic of our fast-paced culture and it's killing us...literally." According to the American Medical Association, stress/anxiety is a factor in more than 75% of sickness today and causes headaches, sleeplessness, chronic fatigue, pain, decreased effectiveness, and often results in depression and diseases like fibromyalgia, cancer, strokes and heart attacks. Sealfon's empowering and supportive book shows how to easily enter a place of optimum health; reversing aging, increasing efficiency and focus, improving relationships and generally connecting with an integrated state of wellbeing and happiness.

"Written from the heart, full of practical advice," says Kathryn Leib Hunter, CEO NAMI National Alliance on Mental Illness. World-renowned Yogi Master Amrit Desai says: "...a must-read for anyone seeking fulfillment in their love life, professional life and family life."

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Douglas Moskowitz:

The reason why? Because this Escape From Anxiety: Supercharge Your Life With Powerful Strategies From A to Z is an unordinary book that the inside of the publication waiting for you to snap the item but latter it will distress you with the secret that inside. Reading this book beside it was fantastic author who write the book in such awesome way makes the content on the inside easier to understand, entertaining approach but still convey the meaning thoroughly. So , it is good for you for not hesitating having this ever again or you going to regret it. This unique book will give you a lot of benefits than the other book have such as help improving your proficiency and your critical thinking approach. So , still want to hesitate having that book? If I have been you I will go to the book store hurriedly.

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