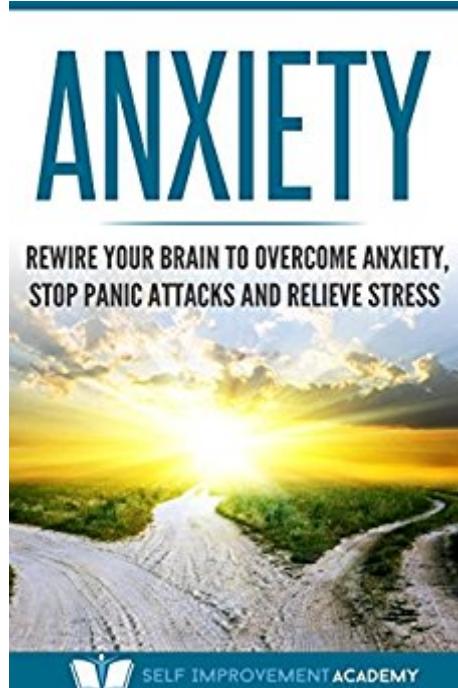


The book was found

Anxiety: Rewire Your Brain To Overcome Anxiety, Stop Panic Attacks And Relieve Stress (Mindfulness Book 2)



Synopsis

Every Tomorrow has Two Handles. We can Take Hold of it with the Handle of Anxiety or the Handle of Faith.-Henry Ward BeecherDo you tend to feel anxious about new challenges? Or when things just aren't going the way they usually do? It can be comforting to know that you're not alone. It can be even more comforting to know that there are ways to slow and even eliminate panic attacks or general anxiety.This book can assist to increase your inner peace and keep a cool head for life's every task. You're not the only person that feels this way, and you can absolutely fix it! Check out the actionable strategies and fully understand anxiety.Here's A Preview Of What You'll LearnHow Anxiety Really WorksHow Your Brain Can ChangeUnderstanding Addiction And AnxietyProven Strategies To Assist In Eliminating AnxietyLong-Term Anxiety Rewiring TipsAnd Much More!It's never too late to learn and to take action! This book contains no filler, no unnecessary stories or long-winded case studies; simply an explanation and methods to succeed. For the price of a takeaway coffee, you can gain and apply this knowledge today.

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