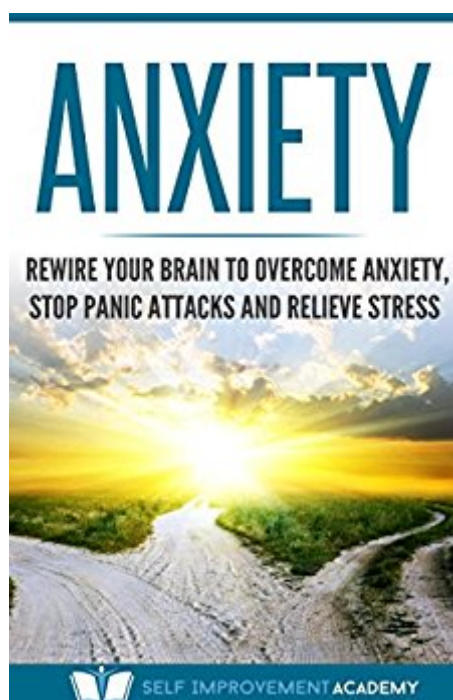




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Anxiety: Rewire Your Brain To Overcome Anxiety, Stop Panic Attacks And Relieve Stress (Mindfulness Book 2)



Synopsis

Every Tomorrow has Two Handles. We can Take Hold of it with the Handle of Anxiety or the Handle of Faith.-Henry Ward Beecher

Do 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 Learn

How Anxiety Really Works
How Your Brain Can Change
Understanding Addiction And Anxiety
Proven Strategies To Assist In Eliminating Anxiety
Long-Term Anxiety Rewiring Tips
And 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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