



Overcoming Anxiety: How to Break Free from the Beast Within

Jeffrey Holloway

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Overcoming Anxiety: How to Break Free from the Beast Within Jeffrey Holloway

If anxiety dictates the way you live your life and you are ready to make a change and take charge of your life, this is the book to help you overcome anxiety. You will learn right away: - Indispensable guidance on identifying your REAL triggers, and not just the ones you ASSUME to be. - The seductive power of automatic and catastrophic thinking and how it adds unrealistic problems to your life, and how you will be able to laugh at these thoughts. - Coping strategies that you can use anytime, even during an attack, and how you are re-wiring your brain to panic less in the future. - The changes you MUST make to know how you react to situations in order to fight anxiety. - Understanding and breaking the feedback loop that panic and anxiety lull you into over the course of years. - A panic and anxiety "cheat sheet" that you can easily refer to anytime, even in the middle of an attack Included in this book is also a 30-day challenge that forces you to get out and face your anxiety to the point that it can no longer control your life. Thirty days is the average time to create a habit that sticks with you. Take the time now, to create the habit of overcoming your anxiety. Invest in yourself and your energy. Make a battle plan for your life and live the way you desire to live without being restricted by the presence of anxiety.

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