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(Modesto Mante)

RESOLVING ANXIETY AND THE EFFECTS OF TRAUMA FOR GOOD (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.If you want to be free of anxiety for good, then this self-help book is a must! It s a hopeful message of healing! Sylvia studied and practiced holistic health and healing for 30 years. She overcame severe anxiety and the effects of trauma by using a natural and holistic approach. If you are tired of managing and coping with anxiety, this book will show you how to get to the root cause so that you can experience yourself in a more positive way and resolve anxiety for good. You will learn how to change your brain using simple daily exercises, and how to create a more balanced lifestyle that supports you and your ability to heal. This book is not about helping you to cope with or accept anxiety, it s about getting past it and experiencing lasting relief so that you can fully enjoy life again and feel good. Customer Reviews 5.0 out of 5 stars Fantastic guide to resolving anxiety By TrishFLReader TOP 500 REVIEWER on August 5, 2015 Format: Kindle Edition Verified Purchase I used to be a quite anxious person and traveled my own path to getting those issues resolved. Unfortunately, I have a parent who hasn t been so lucky. She has taken medication for anxiety for years and is now living without the meds and trying to cope. We have both recently read author Sylvia Carlson s latest book and it is a must-read for anyone experiencing these types of issues. Carlson details her own struggles with anxiety but also gives some great insight and advice into ways to resolve anxiety and get relief through holistic methods. Can...



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