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True Freedom: How To Heal Your Anxiety

Amanda Rex

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True Freedom: How To Heal Your Anxiety Amanda Rex
Finally, An Anxiety Solution That Actually Works Amanda Rex, former anxiety sufferer and coach for clients with anxiety, used to have multiple panic attacks per day, but hasn't had one in nearly three years and counting! Drawing on several years of her personal and client successes, and world travels to learn traditional modalities, she has created a multi-part program designed to guide you through the healing process. Packed with sixteen sections of practical techniques, Amanda shares her effective and approachable step-by-step method. The end of each section provides you with actionable steps, so you can achieve the results you dream of! Included in this book: • Techniques for stopping panic attacks and calming the body. • Tips for working past your most common fears. • The best/worst foods for anxiety, and how to adjust your diet easily. • How to remove the hurdle of anxiety so you can create healthy friendships and relationships. Book reviews: "Love this! Great read even if you don't have anxiety, especially if you've ever been described as "an old soul" or if you're a sensitive person. Relatable stories and practical advice for good living." "I read this book cover to cover in two days. I can tell that this is a book I will go back and read every year to gain motivation and inspiration for bettering myself! It was so comforting to read through Amanda's experiences because I was able to relate to almost everything she went through. I can't tell you how good this was for me to read, it has inspired me to take some action on my anxiety and I'm already thinking more positively about the world around me. The author is a wonderful writer and witty to boot! A great read even for those not suffering from anxiety." "Soothing and wonderful book that offers quite a few techniques on how to reverse one's negative thought patterns, learn to be kind to oneself and others, and own one's life. I felt empowered!"

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