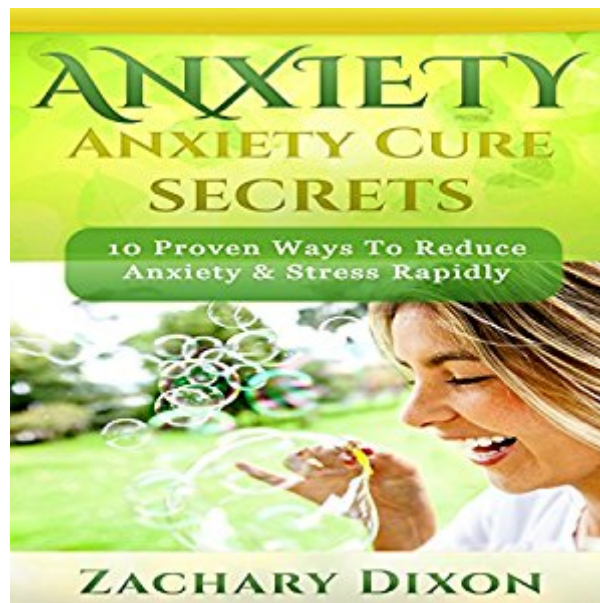




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Anxiety Cure Secrets: 10 Proven Ways To Reduce Anxiety & Stress Rapidly



Synopsis

Are You looking for a new way of thinking? Do you feel like you are running up a never-ending mountain? I want to give you my 10-step system to reducing stress and living a happier life. This book goes over three simple areas: health, wealth, and happiness. I believe if you can master these three areas, a lot of the stress in your life will reduce. Habits are the actions that make us who we are. The only way to change your life is to change your daily habits, and this book has 10 of the most effective habits. I have been a life coach for many years now. I see the daily patterns that most people run into, and I have worked out how to turn that around. This book will give you a unique way of conditioning your life, and I promise, if you apply the action steps in this book, you'll get phenomenal results. Millions of people in this world are struggling with anxiety and it's because they haven't unleashed their own inner strength; it's found within. I want to show you how to develop the right mindset to start and give you a proven strategy to get instant results.

Book Information

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Customer Reviews

I have mixed feelings about this book. I guess I'll get the negatives out of the way first. This book is rife with spelling and grammar errors. Please, if you're going to self-publish a book, pay someone to edit it for you. Not only will that eliminate most of the errors, but it'll also take care of needless repetition, redundant passages, and a host of other no-nos that have been committed by this author. Coming across spelling and grammatical errors, especially, can throw someone out of the book or the story - to find them in practically EVERY sentence makes reading awfully frustrating, and if this was a longer book I would have given up before finishing, I can guarantee it. Also, it's not

very in-depth, so if that's what you're looking for, try something else. BUT. I do believe the author is genuinely passionate about helping other people, and that is always something to be celebrated. I don't think there's anything revolutionary in here, nothing that you couldn't find elsewhere, but I do know that sometimes you just have to read or hear something said in a particular way, a way you haven't heard before, for it to 'click' in your brain and you suddenly 'get it.' There's no reason this book can't be what makes something click for you. Again, this book needs some serious editing and I'd recommend the author improve his general writing skills sooner rather than later, but all-in-all I think it will be helpful to at least some of the people who read it.

I've bought another book by this author before about Life Coaching. I'm happy to say that the author has done excellent both times. I love the way he tackles challenges with simple easy to complete strategies. He handles anxiety issues using effective and easy lifestyle changes. It's all about taking care of your body and mind. By making healthier and more positive choices in life. Making the small changes like cleaning up your diet and getting some exercise into your routine. Eliminating unhealthy sugary substances from the diet. The mental changes is what I really love about the book. Morning rituals, which is something I live by to start the day on a positive and proactive note. He includes meditation, positive self talks and more. Even the cold shower technique is something people should not overlook. Well known author Tim Ferris writes about using cold showers also to boost testosterone levels which in turn help reduce anxiety, boost confidence and overall feeling of well being. Great book, plenty of valuable gems of information. It's nothing fancy, but very useful information.

I know there are times I am more anxious than others, so I was curious to see what tips this short book could offer. It really comes down to learning to control your mind, and thoughts, which affect all areas of our life. The author does a good job of providing lots of tips and ideas that help us shift our focus and mindset. Being thankful and positive is a good start, as well as associating with others who are like-minded. Years ago I used to repeat an affirmation every day; I don't know when I stopped, but I will definitely start again. This book helped to remind me of the importance of programming my mind.

Since my sister deals with this subject, I was interested in finding out more about anxiety and how it affects those dealing with the disorder. I have to say that this was a great read. The book outlines some of the reasons people have anxiety and outlines some detailed steps to work towards curing

that. It covers everything from proper dieting to meditation and exercise. Overcoming anxiety is not an easy thing to do, but I believe this book is one positive step towards finding a solution.

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The Young Adult's Guide to Meditation: Easy Techniques That Reduce Stress and Relieve Anger, Anxiety, & Depression
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