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Freedom
Approach To
Emotional Well
Being
Anxiety A
Holistic
Approach
To
Emotional
Well Being

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The ultimate guide to mental and emotional freedom Leaving Fear in 40 Days - The Power of Choice is a powerful guide and energizing tool book to help you realize that your fears and anxiety are an illusion. Understanding the simple concept of fear and anxiety primarily as an energetic state, a state of

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consciousness you will
learn simple yet

profound ideas about

shifting your distorted

beliefs and irrational

emotion into freedom,

serenity and strength.

Working as a

transpersonal Therapist,

holistic Coach, Energy

Healer and Spiritual

Mentor, Sven Oliver

Heck compiled this

effective and helpful

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guide out of hundreds of
hours work with clients
and patients facing
fears, anxiety,
depression and
uncertainty. Advanced
holistic techniques that
will transform anxiety
and fear into strength
and clarity Leaving Fear
in 40 Days is a powerful
holistic tool to transform
your fears and anxiety
into clarity, serenity and

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strength. Using
advanced energetic
techniques and effective
mind-processing this
tool-book works on the
physical, emotional,
mental and energetic
levels to help you
stabilize, brighten up
and transform the dark
areas of your Life. Use
the power of your mind
and learn how to cope
with fear and how to

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stop anxiety This book works in combination with the free "Leaving Fear - The Power of Choice" neuro-tool meditation. Using the advanced techniques of the guided visualization is a simple and powerful way of disconnecting from negative repeating sensations, moods, emotions and looping thought-cycles. Based on

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latest neuroscientific research, brainwave enhancement, mind re-programming, transpersonal psychology, hypnotherapy, holistic alignment, mindfulness practices and energy-work this meditation is the result of 10 years of therapeutic work with trauma, fear and anxiety-based symptoms and

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anxiety disorders.

Leaving Fear in 40 Days
is a powerful invitation
to a free life without
fear and anxiety To see
anxiety as an ally and
using advanced mindsets
to explore your fears
you will see that this
guide is not an ordinary
anxiety relief book.

Learning to shift your
mental programming
and judgements about

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your fears and anxiety gives you the power to overcome the negative social side-effects and the frustration about living in fear and anxiety. Break the loop and end the negative pattern Leaving Fear in 40 Days helps you to stop anxiety from stopping you. You reclaim your power and your freedom by making

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the choice for a life
beyond panic attacks
and suffering,
Overcoming fear,
anxiety and panic
attacks now If you are
ready for a shift in your
life, going beyond fear
and anxiety this book
will be the right
companion. Open
Mindedness and your
natural ability to
overcome fear are the

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fundamental essence of
a life that is free from
fear and anxiety. It is
your Choice to move
from Darkness into the
Light

A counselor in the depth
psychology tradition
shows readers there's
nothing to fear from
anxiety “The Wisdom of
Anxiety serves as a well-
lit pathway to the truth
of who we are and to

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how to navigate life
when paralyzed by
anxiety, depression,
overwhelm, and a sense
of hopelessness.”

—Alanis Morissette,
singer-songwriter Work
anxiety. Relationship
anxiety. Social anxiety.
World anxiety. Money
anxiety. Health anxiety.
How does reading those
words make you feel?
All too often, when we

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experience the things
that give us anxiety, our
first instinct is to try to
run away or numb out
from feeling them. But
what if the unpleasant
feelings you want to turn
away from are actually
vital sources of
information about your
well-being? In *The
Wisdom of Anxiety*,
counselor Sheryl Paul
examines the deeper

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meaning of the racing
thoughts, sweaty palms,
and insomnia that
accompany the uncertain
moments of our lives.

No one likes to feel
anxiety—and yet, Paul
asserts it can be a
remarkably direct
messenger of our
subconscious. Here you
will learn how you can
pause and listen to your
anxieties to discover

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inner truths that you've been avoiding. This lyrically written book not only considers the many forms anxieties can take, but also provides deep-dive practices for addressing them at their roots. Here you will learn: The nature of intrusive thoughts and how to manage them. How to explore states of

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loneliness, apathy,
regret, and shame
without being caught up
in them. Feeling anxiety
around feeling good?
Discover why and what
to do about it. How to
cultivate your own
loving inner parent. Why
anxiety can arise from
boredom and longing.
How to create healthy
and meaningful personal
rituals to relieve anxiety.

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Navigating the many sources of anxiety in relationships. Whether it's worry around raising children, nervousness about world events, or any other way anxiety manifests, The Wisdom of Anxiety can help you uncover the true source of your discomfort and find the rich self-knowledge within.

Depressive disorders

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affect almost 10% of the North American adult population age 18 and older in a given year, and about 25% of adults will have a major depression episode. It is projected that depression will be the second largest killer after heart disease by 2020. Conventional medicine is adept at prescribing medications

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for depression, but not well versed at addressing the causes of depression or preventing this disease. Fortunately, naturopathic medicine has proven to be especially effective and safe in doing so.

Healing Depression is an authoritative guide for the naturopathic, conventional, and integrative practitioner,

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providing
comprehensive
information about the
underlying factors that
contribute to depression,
how to diagnose the
disease properly, and
how to safely and
effectively treat
depression using natural
medicines, while
weaning patients from
medications. Depression
is a multifactorial

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disease best treated by a multifaceted integrative approach. Treating the cause affords the most complete and long-lasting clinical result, while cooperating with the healing power of nature (*vis medicatrix naturae*) is the guiding principle of naturopathic medicine, unifying its multifaceted modalities, from clinical nutrition

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and botanical medicine to homeopathy and mind-body therapy. Based on the most current research and evidence-based practices, *Healing Depression* will become a standard text for medical libraries, healthcare practitioners, and patients for years to come. "Living a life without joy is what living with depression is

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like. Dr Bongiorno has provided an excellent overview of depression as well as a guide to how it is treated in both standard and naturopathic models. His book will help healthcare providers of all licenses raise their patients out of the pit of depression.” - Dr Walter Crinnion, ND, Professor, Southwest

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Approach To
College of Naturopathic
Medicine

Is anxiety and fear a
problem for you? Have
you tried to win the war
with your anxious mind
and body, only to end up
feeling frustrated,
powerless, and stuck? If
so, you're not alone. But
there is a way forward, a
path into genuine
happiness, and a way
back into living the kind

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of life you so

desperately want. This
workbook will help you

get started on this new
journey today! Now in

its second edition, The
Mindfulness and

Acceptance Workbook
for Anxiety offers a new
approach to your

anxiety, fears, and your
life. Within its pages,

you'll find a powerful
and tested set of tools

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and strategies to help
you gain freedom from
fear, trauma, worry, and
all the many
manifestations of
anxiety and fear. The
book offers an
empowering approach to
help you create the kind
of life you so
desperately want to live.
Based on a revolutionary
approach to
psychological health and

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wellness called
Approach To
acceptance and
Emotional Well
Being
commitment therapy
(ACT), this fully revised
and updated second
edition offers
compelling new
exercises to help you
create the conditions for
your own genuine
happiness and peace of
mind. You'll learn how
your mind can trap you,
keeping you stuck and

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struggling in anxiety and fear. You'll also discover ways to nurture your capacity for acceptance, mindfulness, kindness, and compassion, and use these qualities to weaken the power of anxiety and fear so that you can gain the space to do what truly matters to you. Now is the time. Nobody chooses anxiety. And there is no healthy way

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to “turn off” anxious thoughts and feelings like a light switch. But you can learn to break free from the shackles of anxiety and fear and take back your life. The purpose of this workbook is to help you do just that. Your life is calling on you to make that choice, and the skills in this workbook can help you make it

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happen. You can live better, more fully, and more richly with or without anxiety and fear.

This book will show you the way. -- Recent studies support for the effectiveness of ACT-based self-help workbooks as a low-cost treatment for people experiencing anxiety.

(Ritzert, T., Forsyth, J. P., Berghoff, C. R.,

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Boswell, J., & Eifert, G.

H. (2016). Evaluating

the effectiveness of

ACT for anxiety

disorders in a self-help

context: Outcomes from

a randomized wait-list

controlled trial.

Behavior Therapy, 47,

431-572.)

Panic Free

Be Calm

One Woman's Journey

and a Holistic Guide for

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Healing
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The Wisdom of Anxiety
Goodbye, Anxiety
A Guide to Breaking
Free from Anxiety,
Phobias, and Worry
Using Acceptance and
Commitment Therapy
52 Ways to Find Peace
of Mind
A Holistic Guide to
Freedom from Anxiety,
Stress and Low Mood
for Life

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This book explores the four phases in the holistic process of freeing yourself from anxiety:

Understanding the nature of anxiety.
Shifting the body, heart, mind, and soul. Reclaiming your power.

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Developing a new sense of self. This book is based on author Harry Kroners work with hundreds of clients suffering from anxiety, fear, and phobia. Explaining his unique and effective approach

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to healing anxiety
from its core.
Treating the
person in a more
comprehensive
way, addressing
the body, mind,
heart, and soul. It
is time to stop
treating just the
symptoms and
heal from the

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inside out. Gaining
clarity of what is
the core cause or
triggers. Being
honest and
accepting of
yourself.
Releasing the old,
limiting beliefs.
Learning how to
really
relaxtraining

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yourself to go deeper. Releasing emotional charge from past events; ending negative self-talk from the mind, limiting beliefs and negative patterns of thinking.

Opening yourself to higher wisdom,

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soul healing, and your place in the universe. Learning those things that will help you regain mastery over life.

Developing a new sense of self that is authentic and free of anxiety.

Growing into a

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fully integrated
and independent
version of
yourself. Striding
safely and
confidently in the
world.

What's Your
Trigger? Learn
Healthy Ways to
Release Anxiety!
Is
your anxiety

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triggered by work presentations, tense conversations, unexpected reactions, overwhelm, or overthinking? Do you experience concentration loss, PTSD, tension all over, or

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not getting
enough sleep? Do
you have the
desire to release
feeling frustrated
and manage your
own situation?The
Anxiety &
Depression
Association of
America states
that "...anxiety is

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the most common mental disorder in the U.S., affecting over 40 million adults." The World Health Organization reports that over 300 million people around the world have a type of anxiety disorder.

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How anxiety manifests in you can be debilitating when left unchecked. It makes sense that treatments to reduce feelings of anxiety may be different for each person. How can you find solutions

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to your particular
struggle, without
turning to
medications that
may have harmful
side
effects? Holistic
anxiety medicine
has proven
successful for
thousands of
years. This book

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offers you the freedom to choose which types of holistic medicine will work best for you. Break the bonds of anxiety and feel empowered to make change with these non-medicinal

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approaches. In this book you can learn: *Twelve complementary approaches offering ways to end feelings of anxiety and live relaxed.

*Strategies and practical steps to integrate

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Alternative healing
Approach To
into your routine,
Emotional Well
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even if you feel
like you have no
time.*To identify
which of your five
senses respond
best to make
necessary
changes and
break the bonds of
anxiety.*How to

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Design a new path
to wellness
without a
prescription.*One
simple practice
you can do that
will quickly reduce
your anxiety
symptoms.It's
time to manage
your own anxiety!
The holistic

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medicine
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described in Body,
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Emotional Work
for Anxiety may
enhance your
ability to focus,
improve memory,
release
frustration, spark
motivation,
decrease fatigue,

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increase mobility,
heighten energy
levels, and
improve sleep
patterns. Stop
doing what
doesn't work and
try an alternative
approach! Use
these proven
techniques to
design your new

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path of wellness
and freedom. If
you want to
discover how life
can be different,
investigate these
12 holistic tools to
manage anxiety.
Are you tired of
simply 'managing'
your anxiety?
Have you ever

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wondered whether
there's a better
method out there
for you? There is.
And you can learn
how. There is a
powerful source of
energy within
each of us. These
power centers,
called Chakras,
are the bridge

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between our inner energy and the physical world around us. With the guidance of author and meditation specialist Lisle Kepler, you can learn to unlock and harness the flow of this energy

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Here you'll
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What holistic
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can do for your

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panic attacks,
reduce stress,
increase your

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productivity! The
Being
power of
meditation can
change your life -
if you're willing to
learn HOW! What
are you waiting
for? Restore your
inner balance and
free yourself from

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anxiety and
stress. Choose
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innovative holistic
guide to help you
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you on a journey
home to your true
self. In this book,
Kristina Lea and
Heather Ensworth,
Ph.D. have
combined their
personal and

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professional
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experiences (of
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over 50 years) to
share their ever-
deepening
understanding of
the process of
healing. They
present an
approach that is
called the ARCH
model that

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consists of four
primary
components for
the recovery from
trauma:

Alignment:

Connecting with
inner stillness and
aligning with your
true self

Relationship: How
to find and

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develop healing
relationships in
your life

Consciousness:
Bringing into
awareness the
hidden and lost
aspects of
yourself Healing:
Practical ways to
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and how to

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integrate a new
sense of self. The
ARCH model
includes all
aspects of the
self--spiritual,
emotional,
mental, physical,
and relational. It
guides you in how
to be empowered
in your own

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healing process.
As we each heal
and step into our
wholeness, we are
then able to
support the
healing of our
global community
and the planet.
Emotional
Freedom
Techniques and

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Beyond Anxiety
and Phobia
Anxiety
Breakthrough
The Journey from
Fear to Fulfillment
Proven

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Techniques to
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Deconstructing
Anxiety,

author Todd
Pressman

examines
anxiety as the
root of most
clients'
problems, and

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how tapping
into this
source holds
the clues not
only for how
to escape
fear, but how
to release the
very causes of
suffering,
paving the way
to a profound

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sense of peace
and
satisfaction
in life.

The Holistic
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Decluttering
goes beyond
traditional
home
organization
books, helping

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readers in
three key
areas:

physical space
(home), time (calendar/scheduling), and
mental space.

Are you a
Black man
struggling
with anxiety,

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depression or
low mood? Are
you ready to
do the work?

Then the
Mental Health
Mixtape is for
you. Created
specifically
for Black men,
this workbook
uses a mix of

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psychological
therapies
including
cognitive
behavioral
therapy,
dialectical
behaviour
therapy and
mindfulness to
teach you how
to process and

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express your
emotions.

Develop coping
skills for

when you're
going through

it, and self
care tips to

keep your
mental health
on track. With
a variety of

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guided
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journaling and
Emotional Well
thought record
Being
exercises,
you'll learn
to identify,
tackle, and
challenge
unhelpful
thinking and
practice how
to affirm

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yourself using
the self help
strategies in
this book.

Goal setting,
activity
scheduling and
behavior
activation
principles are
also used to
help you

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establish good habits and provide ample opportunity to put what you've learned into practice. For those looking for a deeper understanding of themselves,

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and to get to
the heart of
their issues,
this book's
got you
covered. The
workbook
starts with
you
understanding
yourself and
getting to

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know who you
are as a
person, what
drives you,
and
identifying
areas that
might be
causing you to
feel the way
you do You'll
then go onto

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developing
healthy coping
skills and
unlearning the
unhealthy ones
The final part
of the
workbook will
give you
practical
skills you can
implement

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straight away
At the back of
the book
you'll find
resources for
Black men that
are available
across the US,
along with
several
templates so
you can

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continue your
mental health
journey in the
long term Pick
up this book
for the
Brother's in
your life that
need to do the
work!

This book
presents

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hundreds of
safe,
practical, and
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tools and
techniques to
alleviate
anxiety, an
epidemic that
affects nearly
20 percent of
Americans.

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Author and
seasoned
physician
Marcey

Shapiro, MD,
shares how her
personal
struggle with
this
widespread
syndrome led
her to

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discover that there is not one treatment program that works for everyone and provides a wide range of integrative methods that will help readers find

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real and
transformative
relief. Dr.
Shapiro

grappled with
anxiety on her
own path to
greater health
and wholeness
and observed,
through her
personal

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experience and
that of
treating
numerous
patients who
suffer from
the heartache
and despair
that anxiety
causes, that
finding peace
involves a

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Emotional Well
Being
self-awareness
and self-
acceptance.

She has
successfully
helped herself
and her
patients bring
ease and peace
of mind back

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Being

into their
lives using a
diverse
assortment of
complementary
techniques,
including
dietary
changes, visua
lizations,
shifting
thoughts,

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breathing
techniques,
nutritional
supplements,
herbs,
homeopathy,
bodywork,
aromatherapy,
flower
essences, and
acupuncture,
as well as

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more
Approach To
commonplace
Emotional Well
Western
Being
techniques

such as
medication and
therapy, when
appropriate.

Offering a
variety of
nondogmatic,
empowering

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tools for
enhancing
personal
growth,
Freedom from
Anxiety will
help anxiety
sufferers find
ways, many of
them free or
very low cost,
to achieve

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immediate relief as well as long term care and treatment. It can be read from cover to cover or perused for specific problems or solutions.

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Readers are able to take advantage of Dr. Shapiro's vast knowledge and research as well as her engaging personal anecdotes and those from her decades of

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clinical
Approach To
practice.
Emotional Well
Calm & Sense
Being
Healing
Depression
Own Your Self
Transforming
the Nature of
Health
Already Free
A Holistic
Approach to

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Emotional Well-
Being Approach To
Emotional Well-
Being
Complementary
Healing
Approach for
Concentration
Loss, Tension
All Over & Not
Getting Enough
Sleep
Dreamwork in
Holistic

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Psychotherapy
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Nick Ortner,
founder of the
Tapping World
Summit and best-
selling filmmaker
of The Tapping
Solution, is at the
forefront of a new
healing movement.
In his upcoming

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book, The Tapping Solution, he gives readers everything they need to successfully start using the powerful practice of tapping – or Emotional Freedom Techniques (EFT). Tapping is one of the fastest and easiest ways to

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*address both the
emotional and
physical problems
that tend to hamper
our lives. Using the
energy meridians of
the body,
practitioners tap on
specific points while
focusing on
particular negative
emotions or physical*

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sensations. The tapping helps calm the nervous system to restore the balance of energy in the body, and in turn rewire the brain to respond in healthy ways. This kind of conditioning can help rid practitioners of

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Being.

*everything from
chronic pain to
phobias to
addictions. Because
of tapping's proven
success in healing
such a variety of
problems, Ortner
recommends to try it
on any challenging
issue. In The
Tapping Solution,*

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Ortner describes not only the history and science of tapping but also the practical applications. In a friendly voice, he lays out easy-to-use practices, diagrams, and worksheets that will teach readers, step-by-step, how to

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*tap on a variety of
issues. With
chapters covering
everything from the
alleviation of pain
to the
encouragement of
weight loss to
fostering better
relationships, Ortner
opens readers' eyes
to just how powerful*

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this practice can be.

*Throughout the
book, readers will
see real-life stories
of healing ranging
from easing the
pain of
fibromyalgia to
overcoming a fear
of flying. The
simple strategies
Ortner outlines will*

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Emotional Well
Being

*help readers release
their fears and clear
the limiting beliefs
that hold them back
from creating the
life they want.*

*A provocative blend
of personal memoir,
new science, and
philosophical
treatise, this book
presents a fresh*

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*model for healing
Approach To
Emotional Well-
Being*
*by rethinking our
relationships with
one another, the
natural world, our
bodies, and our
innermost selves. Dr.
Marcey Shapiro
focuses on
eliminating us/them
or friend/enemy
dichotomies,*

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Being

*shifting instead to a
model based on
enduring values of
love, compassion,
harmony, and peace.
Throughout the
book she reevaluates
prevailing cultural
beliefs about the
causes and meaning
of illness and offers
a vision for a*

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Emotional Well
Being

*different type of
societal
understanding of
health with a new
view of the possible
role of medicine in
healing.*

*Interweaving
inspiring anecdotes
from her
experiences of the
natural world, in*

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*medical training
Approach To
and practice, and
Emotional Well
Being*
*with mystical
exploration, Dr.
Shapiro includes
examples of medical
advances that honor
our
interconnectedness
and provides
practical tools like
breathing*

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*techniques, tips for
self-examination,
and methods for
expanding
awareness.*

*Transforming the
Nature of Health
traces the roots of
the matter/spirit
split in
contemporary
science and*

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*medicine, evaluating
Approach To
its constraints as a
Emotional Well
Being
paradigm for us as
evolving beings. Dr.
Shapiro presumes
that we are much
more than our
physical bodies and
asks readers to join
in cocreating a new
language and new
science that express*

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*the whole of our
miraculous
existence.*
Approach To
Emotional Well
Being

*Includes FREE
online members only
area with materials
to assist
transformation and
learning. Does
anybody truly and
deeply love life? Or
is that simply a*

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*story, a pipe dream,
told by people who
want to sell you
something? This
masterclass began
with an ultimate
belief that there
must be something
more, something we
are all missing.
After all, how could
life be such a mess*

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*of roles to play,
expectations to meet,
anxiety, blame,
guilt, opinion and
conflict; causing
endless and
involuntary
overthinking? We
seem to live a cycle
of perpetual
optimism that we
never satisfy; we*

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Being

*chase happiness for
tomorrow, rarely
experiencing it right
now, in the present
moment. It turns
out, the problem is
not the problem, the
problem is your
thoughts about the
problem. The mind
is the most powerful
tool on the planet*

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Being

*and we were never
taught to use it. We
can't choose our
thoughts or even
choose when and
when not to think. It
is not life, but our
thoughts about life
that take our peace,
and make true
happiness hard to
find or sustain. Zen*

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*Jungle is an 11 step
masterclass. A
transformational
journey through*

*"wisdom that
works". The secrets
of the mind, thought
and the universe
itself are unlocked,
as you unlearn
lifelong
conditioning and*

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*create a whole new
Approach To
relationship between
Emotional Well
Being
the world outside
and yourself inside.*

*Diverse and
comprehensive, this
masterclass helps
you to discover a
state of being where
fulfilment, joy, love,
adventure and peace
reign. It's a path to*

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*the only true
freedom, freedom
from your mind and
that voice in your
head. If you want
the secret of how to
truly love life, or
seek truth,
awakening,
enlightenment and
deep moment to
moment fulfilment,*

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*this will surely
become your "go to"
manual. Find out
more on the Zen
Jungle website
where helpful
supplemental
materials are also
available. An online
course and
international
retreats are also*

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coming soon.

*A 30-day program
for reaching a new
level of energy,
clarity, and calm,
based on a paradigm
shifting idea: You
have to change your
body to change your
mind and mood. Too
often, conventional
medicine treats the*

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*body as separate
from the mind,
ignoring physical
issues like chronic
illness and weight
gain. Science shows
that these issues are
oftentimes
intricately entwined
with mood issues
like depression,
anxiety, stress, and*

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persistent fatigue. In
Approach To
State Change, Dr.
Emotional Well
Berzin draws on
Being
cutting-edge
research and her
work with thousands
of patients to tell the
complete story of
how our bodies drive
our minds, mood,
and energy levels.
This builds on her

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work at her
Approach To
nationally renowned
Emotional Well
holistic health
Being
service Parsley
Health, where Dr.
Berzin and her team
of over 100 highly
trained medical
providers focus on
treating the whole
patient, yielding
extraordinary

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*results for those
dealing with
gastrointestinal,
hormone-related,
autoimmune, and
mental health
conditions. This
trailblazing book
explores the new
science of
optimizing the body
in ways that will*

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*help anyone attain a
new baseline for
energy, calm, and
optimism. Dr.*

*Berzin believes that
treating common
imbalances in the
body is the only way
to achieve what she
calls a state
change—a
transformation to*

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*higher levels of
mental focus,
emotional stability,
and flow.*

*Leveraging Parsley's
unique patient data
and successful
proprietary
protocols, State
Change includes a
30-day program for
resetting the body,*

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mind, and mood.

*With easy-to-
understand advice
and detailed*

*personalized
assessments, State
Change is the
ultimate gateway to
a positive mental
state and peak
physical health.*

A Holistic Vision of

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*Healing That
Honors Our
Connection to the
Earth, Others, and
Ourselves*

*A Deeper Approach
to Healing*

*Life Lessons and the
Path to Healing*

*Freedom from
Anxiety*

How to Leave the

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***Darkness and Move
Into the Light
Transforming Fear
and Anxiety Into
Power***

***The Mental Health
Mixtape for Black
Men***

***The Mindfulness
and Acceptance
Workbook for
Anxiety***

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Let go of your worries and take back your life with journaling prompts that help overcome anxiety developed by a psychologist with expertise in CBT and DBT therapies. As a teen or young adult, things like

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school work, social media, and navigating friendships can bring tons of stress, and you may often feel anxious and overwhelmed.

That's why Psychologist Terri Bacow, Ph.D., developed this

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book with fun and accessible writing exercises designed to diminish worries, insecurities, fears, conflicts, and stressors just for your unique issues. Even better, you will learn practical coping skills that

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you can use
whenever you
feel anxious. □

100+ journaling
prompts that
offer space to
write down your
worries and
release your
anxious feelings □

40+ CBT- and
DBT-based
strategies to help

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you challenge
worry thoughts
and conquer
anxiety-inducing
thinking patterns
□ 50+ practical
tools, including
coping strategies
and supportive
statements that
you can use
whenever you
feel worry

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starting to take
hold These coping
skills include
highly effective
strategies to
reduce anxiety,
incorporating cog
nitive-behavioral
therapy (CBT),
dialectical
behavior therapy
(DBT), and other
scientifically

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based therapy
Approach To
approaches. Say
Emotional Well
goodbye to
Being
anxiety and enjoy
your life!

Just a Girl with
Anxiety is all
about a personal
journey and
holistic approach
to a fit & healthy
mind. Moving you
from stuck in the

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shackles of
silence and
hopelessness, to
soaring with
mental freedom!
Drawing on her
own decade long
transformation
from being a post
University
graduate
diagnosed with a
severe anxiety

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and panic disorder living with two identities, to a successful empowered business woman living a life filled with purpose and passion. Bitner gives you the mindset and perspective shifts

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to move you from
victim to
victorious. It's
time to set your
life free!

If you suffer from
anxiety you're not
alone--like 40
million
Americans, you
know symptoms
can strike
anytime,

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anywhere. Relief is here. Be Calm targets symptoms wherever they strike with cutting-edge techniques that help you reduce anxiety on the spot. This book is both a handy resource for stress management and

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a close look into the causes of anxiety. Evidence-based strategies show you how to control a variety of symptoms in lots of different circumstances. With Be Calm, you're always prepared. -- cover.

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Why are more
and more
psychotherapists
embracing
meditation
practice, while so
many Buddhists
are exploring
psychology?

“Both psychology
and Buddhism
seek to provide
freedom from

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suffering," explains Bruce Tift, "yet each offers a completely different approach for reaching this goal." In *Already Free*, Tift opens a fresh and provocative dialogue between

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these two
profound
perspectives on
the human
condition. Tift
reveals how
psychotherapy's
"Developmental"
approach of
understanding
the way our
childhood wounds
shape our adult

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selves both
contradicts and
supports the
“Fruitiona-
l”
approach of
Buddhism, which
tells us that the
freedom we seek
is always
available. In this
investigation, he
uncovers insights
for connecting

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with authentic experience, releasing behaviors that no longer serve us, enhancing our relationships, and more. "When we use the Western and Eastern approaches together," writes Bruce Tift, "they

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can help us open
to all of life—its
richness, its
disturbances, and
its inherent
completeness.”

Peace in Anxious
Times

Just A Girl With
Anxiety

A Holistic
Approach

The 10-Day

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Program to End
Panic, Anxiety,
and
Claustrophobia

The Selective
Mutism Resource
Manual

End Anxiety, Beat
Burnout, and
Ignite a New
Baseline of
Energy and Flow
Delivering an

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Holistic Model for
Practice

The Box

**“HURRY, BUY THE
BOOK AND**

**TRANSFORM YOUR
LIFE.”** – Marla

Friedman, PsyD,
PC, board

chairman, Badge
of Life What if

you could stop
panic by tapping

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into a different
part of your
brain? After
years of working
to help
sufferers of
panic and
anxiety,
licensed
therapist (and
pilot) Tom Bunn
discovered a
highly effective
solution that

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utilizes a part of the brain not affected by the stress hormones that bombard a person experiencing panic. This “unconscious procedural memory” can be programmed to control panic by preventing the

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release of
stress hormones
and activating
the

parasympathetic
nervous system.

This process,

outlined in

Panic Free,

sounds

complicated but

is not,

requiring just

ten days and no

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drugs or
doctors. Bunn
includes
specific
instructions for
dealing with
common panic
triggers, such
as airplane
travel, bridges,
MRIs, and
tunnels. Because
panic is
profoundly life-

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limiting, the
Approach To
program Bunn
Emotional Well
Being offers can be a
real life-
changer.

The author of
The Anxiety and
Phobia Workbook
and Healing Fear
outlines a
detailed plan
for dealing with
anxiety and
phobias over a

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lifetime,
presenting
numerous new
strategies for
holistic
healing.
Original. 25,000
first printing.
For anyone who
needs to
understand,
assess or manage
selective
mutism, this is

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a comprehensive
Approach To
and practical
Emotional Well
manual that is
grounded in
behavioural
psychology and
anxiety
management and
draws on
relevant
research
findings as well
as the authors'
extensive

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clinical
Approach To
experience. Now
Emotional Well
in its second
Being
edition and
including new
material for
adolescents and
adults, The
Selective Mutism
Resource Manual
2e provides: an
up-to-date
summary of
literature and

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theory to deepen
your
understanding of
selective mutism
a wealth of
ideas on
assessment and
management in
home, school and
community
settings so that
its relevance
extends far
beyond clinical

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practice a huge
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to illustrate
symptoms and
demonstrate the
importance of
tailored
interventions.
This book is

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essential
reading for
people who have
selective mutism
as well as for
the clinicians,
therapists,
educators,
caseworkers and
families who
support them.

Anxiety
Breakthrough
breaks you out

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from the walls
of Anxiety State
Prison. First,
the author
inspires you
with her own
compelling story
of imprisoning
anxiety and
panic. She helps
you understand
how and why you
both became
incarcerated,

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and then gives
you her plan for
escape; tools
and strategies
that will
nourish your
mind, body and
spirit. Now, a
psychotherapist
specializing in
anxiety, the
authors down to
earth,
personable and

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empowering style
jumps out of the
pages making you
feel she is
working directly
with you.

Anxiety
Breakthrough
promotes a shift
from a reactive,
symptom-driven,
disease approach
to a proactive,
practical,

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empowering, all
natural approach
and ensures that
you wont return
to your tiny
cell anytime
soon. Anxiety is
part of the
human fabric and
a capacity that
insured that our
distant
ancestors
survived and is

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useful in modern
Approach To
life protecting
Emotional Well
us from danger
Being
and guiding our
decisions.

However, in
modern times so
much anxiety is
without purpose
and interferes
with functioning
and enjoyment of
life. The author
has written a

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book that
describes
anxiety in
language that is
easily
understandable
and presents a
holistic
approach to
managing
anxiety. This
book could be of
great benefit to
the millions of

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people suffering
from unneeded
anxiety. Daniel
Beck, LICSW
Clinical
Supervisor, Beck
Institute for
Cognitive
Behavior Therapy
Mental Health
and Later Life
Freedom from
Worry
A Guided Journal

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Being
for Overcoming
Worry (A Guided
Workbook for
Teens and Young
Adults with CBT
Skills and
Journal Prompts)
An Invitation to
Freedom from
Anxiety
The Surprising
Path beyond
Depression,
Anxiety, and

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Reclaiming Your
Authenticity,
Vitality, and
Freedom

Organize and
Transform Your
Space, Time, and
Mind

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Chakras for
Beginners +
Reiki for
Beginners -

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Guided

Meditation To

Self-Healing,

Curing Panic

Attacks, Reduce

Stress and

Increase Your

Energy

Meditation for

Anxiety

A holistic approach

to easing anxiety

without hiding from

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the world's
challenges.
Overwhelming
anxiety and
stress--most of us
experience these
feelings at some
point. The
challenges in our
lives threaten to
overpower us at
times and the

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struggles we see
in the world further
add to the burden.
Peace from
Anxiety helps us
understand the
deep roots of our
suffering so that
we can work
toward finding
more peace--even
in chaos. Therapist

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and yoga teacher
Hala Khouri takes
us on a journey to
investigate our
personal habits,
understand our
lives, and
transform what
doesn't serve us.
Even though the
roots of our
anxiety, stress,

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and pain may feel complicated, healing doesn't have to be. Khouri explores how our brain and nervous system experience stress and discusses how we can begin to get in touch with our body to better

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understand its
signals and how to
handle them. She
delves deeply into
the primary causes
of anxiety and
offers practical
tools for releasing
stress and being
present with
discomfort. Peace
from Anxiety

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discusses topics
including trauma,
relationships,
technology, and
working not only
for individual
healing but also
collective healing
in our world. Filled
with relatable
stories and
examples, each

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chapter offers a range of practices and tools to help us find more peace and work for good in our own lives and the lives of others.

This book describes how dreamwork can help alleviate

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depression, in both long-term and time-limited psychotherapy, and in self-treatment. The author shows how dreams shed light on issues contributing to depression-including drug and alcohol

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abuse, divorce,
death and
bereavement,
conflicts about
sex, health and
body image,
parenting,
workplace stress
and burnout, and
ancestral,
intergenerational
trauma. Greg

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Bogart presents a synthesis of Jungian and existential psychotherapy, detailing how attention to archetypal symbolism brings into immediate focus new responses to

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pressing life
Approach To
challenges. He
Emotional Well
shows that
Being
allowing oneself to
be affected by
dream images and
narratives
promotes
emotional,
relational, and
spiritual
rejuvenation.

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EFT, or Emotional
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Technique, is a holistic therapy that can help you reduce stress and anxiety. In this beginner's guide, you'll find scripts for phobias and anxiety, together with 7 tapping

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techniques you
Approach To
can start using
Emotional Well
right away.
Being

Complementary
and alternative
treatments for two
of the most
prevalent mental
health complaints.
Whether it's the
latest diet craze,
acupuncture, fish

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oil, vitamin D, St. John's wort, or some new "miracle mood cure," many therapists don't feel sufficiently well versed in the various complementary and alternative (CAM) remedies out there to give a

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sound opinion.

Others may fear
deleterious side-
effects or

interactions with
psychiatric drugs
their clients are
already taking.

Even more
pervasive is the
safety concern that
their clients may

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inappropriately
experiment with
these treatments
in lieu of more
potent and,
sometimes,
necessary
conventional care.
This book
addresses all
these common
concerns and

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more when it
comes to treating
anxiety and
depression,
providing an
essential
framework for
understanding
holistic care and
helping to make
sense of the
alternative

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solutions available.
Bongiorno, a
naturopath who
regularly works
with mental health
clients, walks
readers through
the fundamentals,
laying out the
basic principles of
holistic care, the
most salient CAM

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research to date
as well as its
safety concerns,
and steps to take
to determine if it's
appropriate to
introduce a CAM
modality to your
client's treatment.
He also explains
when holistic
approaches may

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not be appropriate.

Readers are then
taught how to

assess lifestyle
and physiological
factors that can
contribute to a
client's anxiety and
depression, such
as sleep, diet,
caffeine intake,
exercise, sunlight

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exposure, media
use, low blood
sugar, cholesterol
levels, thyroid
issues, hormone
issues, digestive
health, and more.

With an
understanding of
these underlying
factors in place,
the book goes on

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to outline the most effective vitamins, minerals, botanicals, and mind-body therapies for anxiety and depression—from amino acids to zinc, acupuncture to Qi gong, and everything in betw

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een—including
dosages, best
applications, and
contraindications.

How to work
integratively when
a client is already
on an anxiolytic or
antidepressant is
also covered. A
final chapter
explains exactly

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how to make
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recommendations
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and design a
Being
successful
treatment plan
best suited to your
client. With
instructive
graphics and loads
of case vignettes,
this resource is
your go-to guide

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for understanding
the complementary
and alternative
options for two of
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problems.
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How Worry and
Intrusive Thoughts
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Anxiety

**Is your life
unpredictable
and hectic at**

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times? Do you
Approach To
sometimes feel
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uneasy,
Being
worried,
overwhelmed,
or stressed
due to the
situations of
life? In Peace
in Anxious
Times: A
Holistic

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**Approach,
Ebner and
Reeder not
only help you
better
understand
anxiety, they
offer you
numerous
ways for
dealing with it.
They also**

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**encourage you
to use God as
your power
source by
involving you
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experience of
Lectio Divina.
This practice
will engage
both your**

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anxiety and
peace. Why
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peace for your
anxious times!**

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why you pick
your skin and
how to break
free of this
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devastating**

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behavior. Step-
by-step you
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will learn:
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exercises to
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the habit of
the behavior ;
techniques to
reduce stress
and anxiety
naturally, thus
reducing the

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and diet
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to help you
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comprehensive
guide is a
lifesaver for

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**those
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and is**

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to help their
patients who
pick." -- back**

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**make it much
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health, social
care and third
sector workers
to identify,
treat and
support the
needs of this
population.
The book
takes an inter**

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**disciplinary
team approach
and sets the
scene by
looking at
different
practice
contexts in the
United
Kingdom and
the
increasingly**

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played by
social care in
addressing the
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needs of older
people. A
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more clinically
focused
chapters then
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disorders.**

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chapter makes
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extended and
detailed case
studies which
illuminate the
team's role in
the assessmen**

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evaluation
cycle and
ensure the
text's
application to
practice.
Service user
and family
perspectives
are drawn on
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**and current
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exemplars
outlined. The
final chapter
distils key
messages from
the book and
sets a number
of key
challenges.
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rewards and
complexity of
working with
older people
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health needs
and their
families. It is
invaluable
reading for all

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**those learning
about, or
working with,
this**

**population.
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Anxiety is a
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breaking blend
of Universal
Spirituality,**

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irrational fear
Being
based thinking
and create a
new positive
way of
thinking and
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practical
primer and an
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inspires and
encourages
the reader to
make the
changes
needed to
decrease
anxiety and
fear,
transforming
the reader into**

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**an empowered
new place
while bringing
the reader to a
place of mind-
body-spirit
healing.**

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to Finally Stop
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best-selling
author
presents a
radical*

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*discerning the
meaning in
your symptoms
and your
struggle to
reclaim your
health and
your self.*

"Kelly Brogan

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engages us in
a courageous
conversation
about the
epidemic of
mental health
issues in our
society. Her
work is an
important part
of the
understanding

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*that will set
us free." --
Marianne
Williamson,
New York Times
best-selling
author of A
Return to Love
For years,
we've been
telling
ourselves that*

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our difficult feelings--sadness, rage, shame, intensity, worry--are somehow "not okay." And, all too often, we've relied on the promise of pharmaceuti

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*calls to tamp
them down. The
fact is,
though, that
these feelings
are a vital
part of our
experience.
They are real.
And those of
us who feel
them most*

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*strongly are
the canaries
in the coal mi
ne--sensitive
to things that
are seriously
wrong in the
world today.*

*In a book
that's both
provocative
and promising--*

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*-available now
in paperback
for the first
time--holistic
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Kelly Brogan,
M.D., shows us
that we don't
have to
medicate our
mental,
emotional, and*

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physical pain
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away--that the
Emotional Well
Being
best way out
is through.

She explodes
the mistaken
belief that
our
symptoms--from
mood changes
to
irritability

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*to fogginess
and
fatigue--are
evidence that
we are sick or
broken. Then
she charts a
new path to
get real, get
well, and get
free. The
journey*

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includes:

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*new appreciation
of the meaning
behind
symptoms, and
whether you
are a canary
in the coal
mine Exploring
the 5*

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*reversible
physical
drivers of so-
called mental
illness*

*Starting a
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radical
physical
healing with
details of Dr.
Brogan's*

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*Taking a
deeper dive
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spiritual
awakening and
expansion that
comes when you
reclaim your
real self from*

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*conventional
medicine
Guidance,
support, and
many Travel
Tips shared
from the
trenches! Our
experiences,
Dr. Brogan
argues, aren't
problems or*

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*pathologies;
they reflect
what we need
to accept,
acknowledge,
and transform
in order to
truly become
who we are.*

*Own Your Self
is a journey
of healing,*

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Emotional Well
Being

*and also
something
more: a
journey of
coming home to
ourselves.*

*Are you ready
to find your
way out of
your box?*

*There is a
moment when*

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*you realize
your life is
no longer your
own. You made
it picture
perfect. You
thought it
would make you
happy and
whole. You
thought you
could seal the*

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*walls tight
and feel safe.
But the panic
doesn't pass,
and the
anxiety seeps
in through
every crack.
Your pain uses
perfection to
hide the
unraveling.*

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*But deep
inside, you
still hear the
whisper of a
voice that's
always been
there, calling
to you,
promising that
you were meant
for more. In
The Box, Wendy*

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Tamis Robbins offers a window into the mental illness of an all-star athlete, Ivy League-graduate, and successful attorney. At just 6 years

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*old, Wendy's
first panic
attack sparked
a 40-year
struggle with
a variety of
anxiety
disorders:
generalized,
social and
health, eating
disorders,*

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*phobias,
intrusive and
suicidal
thoughts, and
dissociation.
Avoiding
anything that
could trigger
her symptoms,
she retreats
into a box to
contain and*

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*hide her
condition.
After years of
living in the
prison she
originally
constructed as
her safe
place, Wendy
is no longer
willing to
limit her life*

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Being

*to accommodate
her disorders.
Raw and
powerful,
vulnerable and
intimate, The
Box is both a
triumphant
memoir and an
irresistible
invitation. It
portrays a*

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*courageous
journey to
find the
source of a
debilitating
disorder in
order to find
the power to
overcome it.
Wendy's
experience
reminds us of*

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*the redemptive
power of
forgiveness
and the
healing power
of love, not
just for
others, but
for ourselves.
It is a story
of courage
that reframes*

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mental illness
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sufferers as
Emotional Well
survivors—a
Being
powerful
portrait of a
woman who
refused to
remain caged
in a box of
her making.
Now, the
invitation is

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yours... if you
Approach To
are willing to
Emotional Well
accept it.
Being

*There are
people who
struggle with
anxiety, low
mood, panic,
and stress.*

*What if there
was a
solution, a*

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magical cure,
Approach To
that would
Emotional Well
help you cope
Being
better no

matter what
life threw at
you? Would you
be willing to
do what it
takes to
create peace
in your life?

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*Be Free allows
you to take
control and
get your life
back. In
today's modern
world, we are
all exposed to
so much
stress,
worries, and
fears. Always*

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*trying to be
the best we
can often
drains us and
leaves us
feeling as if
we can never
do or be
enough. Be
Free guides
you simply
through*

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natural solutions, ideas, and exercises to fit in with everyday life. It offers lasting results and changes your life, creating freedom from

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anxiety,
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stress, and
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low mood for
Being
good.

*Break free
from
anxiety—once
and for all!
From the
authors of The
Mindfulness
and Acceptance*

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*Workbook for
Anxiety, this
powerful yet
portable guide
offers fifty-
two in-the-
moment
mindfulness
strategies you
can use
anytime,
anywhere to*

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*cultivate calm
and radically
transform your
life. We live
in an age of
anxiety, and
studies show
that it's only
getting worse.
Anxiety forces
itself into
our awareness*

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*and can
deplete our
energy,
resources, and
resolve. It
screams “pay
attention to
me—or else.”*

*We may
confront it
the moment we
wake up in the*

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*morning, and
it can even
keep us from
getting to
sleep at
night. In
short, it can
run our lives.
But it doesn't
have to be
this way.
Building on*

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the success of
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of the
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year-based in
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effective
acceptance and
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therapy (ACT)
to help you
break free
from worry,

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*fear, and
panic. In
addition to “i
n-the-moment”*

*tools for
staying calm,
you’ll learn
about the
underlying
causes of your
anxiety, why
avoidance just*

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*doesn't work,
how to move
past your
negative inner
voice, and how
focusing on
your values
can help you
move past
anxiety and
live a rich,
meaningful*

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*life. If-like
many
people-you're
fed up with
anxiety
getting in the
way of living
your life, the
powerful
little
exercises in
this guide*

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*will show you
how to break
the cycle of
anxiety for
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principles and
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changes in
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Sense brings you*

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techniques so you
can address your
anxiety anytime,
anywhere*

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changes to help
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you avoid many
Being
of your anxiety
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gives voice to
stories drawn
from the
experiences of
women who have
faced anxiety and
learned to
manage it

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women of all ages
deal with their
anxiety. It is a
rare book in that
it specifically*

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*targets women's
unique needs,
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*warm, personal
style, help you
learn how to give
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the Good*

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focus your
attention and
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friendships. The
difficult
circumstances
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*anger, greed, and
jealousy—and
how they
infiltrate your life
and damage your
relationships. He
says that, left
unchallenged
they have the
power to destroy
your home, your
career, and your
friendships. In*

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Enemies of the Heart, Andy offers practical, biblical direction to help you fight back, to take charge of those feelings that mysteriously control you, and to restore your broken relationships.

Previously

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to conquer PTSD,
stress and how to
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with any
problems while
creating peace,
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