



## Resolving Anxiety and the Effects of Trauma for Good (Paperback)

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By Sylvia Carlson

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

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