



Play It Away: A Workaholics Cure for Anxiety

By Charlie Hoehn

Charlie Hoehn. Paperback. Book Condition: New. Paperback. 168 pages. Heres the cure to your stress! Tony Robbins, Strategic adviser to world leaders, 1 bestselling author of Personal Power (40 million copies sold) Do you feel guilty or anxious when youre not working Have you stopped playing with your friends Do all of your daily activities revolve around building a more successful career Do you have trouble breathing, relaxing, and sleeping Are you consuming stimulants multiple times per day to hide your exhaustion Are you sitting still and staring at screens for most of your waking hours Are you trapped in your own personal hell, and dont know how to get out Ive been there, and I know what its like. Shallow breathing, tension in the gut, chest pains, rapid heartbeat. . . Every moment is exhausting, crushing, and painful. Anxiety destroys your confidence, your productivity, your relationships, and your ability to enjoy life. The worst part is the obsessive hopelessness the gnawing sense that youll never feel happy again. Fear no more. You can put an end to your suffering. You can start living again. And its not as hard as you think. . . Play It Away covers my entire journey: what caused...



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