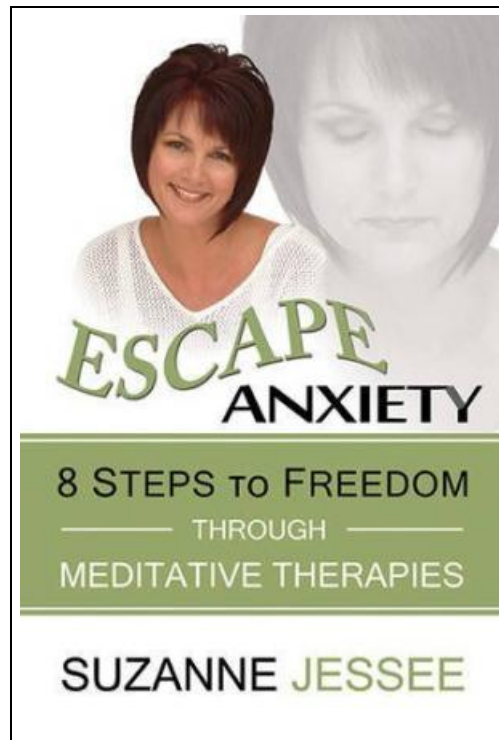


Escape Anxiety 8 Steps to Freedom Through Meditative Therapies



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This pdf can be worthy of a read, and much better than other. I am quite late in start reading this one, but better then never. Its been printed in an remarkably easy way which is merely following i finished reading this book by which basically changed me, alter the way i think.

(Nedra Kiehn)

ESCAPE ANXIETY 8 STEPS TO FREEDOM THROUGH MEDITATIVE THERAPIES



SelectBooks. Hardcover. Condition: New. 304 pages. Its estimated that forty million Americans suffer from anxiety disordersbut thats just the tip of the iceberg. Millions more suffer in silence. Suzanne Jessee was one of them. Hospitalized at age thirty with severe depression, anxiety, and panic disorder, she was determined to overcome the mental paralysis and addictive behaviors that ruled her life. Not only did she personally triumph over these debilitating disorders, but she set out to study, train, and workin the worlds leading treatment centers and has helped thousands of others to recover from severe anxiety. Through her research and stories of her experience, Escape Anxiety: 8 Steps to Freedom through Meditative Therapies Jessee gives the causes and patterns of these complicated and often misunderstood mental health problems and offers a program of natural treatments to regain health and happiness. Accompanied by a PBS special, Escape Anxiety is an exclusive look at the revolutionary treatment program Jessee successfully pioneered at the Betty Ford Center and other top addiction treatment centers. Her 8-Step Escape Anxiety program is designed to provide holistic, natural techniques to manage extreme stress and depression in order to escape their destructive consequences. At the heart of her program is Jessees innovative method of Neurogenesis Meditative Therapy (NMT). Combining proven therapeutic techniques such as Cognitive Behavioral Therapy with ancient mindfulness practices, her methods empower anxiety sufferers by liberating them from unhealthy thought myths and helping them create sustainable, life-changing habits. Backed by recent scientific proof that meditation has a transformative effect on the physical brain, Suzanne demystifies the practice of meditation and demonstrates its power as a viable alternative to synthetic medications for treating anxiety. Each of the following steps of Jessees program to break the patterns of anxiety is accompanied by exercises the reader can do at home,...



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