



Escape From Anxiety: Supercharge Your Life With Powerful Strategies From A to Z

Peggy Sealfon

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A comprehensive easy-to-read guide through over 100 transformational strategies. This self-help book is uniquely organized to suit personal lifestyles. Part I is a veritable alphabet of bite-sized solutions from A to Z to use immediately. Part II shares advice on cultivating a personalized program for sustainable relief. It also provides foundational scientific understandings about changing habits and shifting out of painful patterns to supercharge one's life! *Escape From Anxiety* is a professional and personal compilation of effective, time-tested skills based on modern psychology, energy medicine, ancient eastern methods of mindfulness and spirituality, as well as breakthroughs in the neurosciences.

"We accept stress and anxiety as normal," says Stress and Anxiety Expert Peggy Sealfon "It isn't. It's a pandemic of our fast-paced culture and it's killing us...literally." According to the American Medical Association, stress/anxiety is a factor in more than 75% of sickness today and causes headaches, sleeplessness, chronic fatigue, pain, decreased effectiveness, and often results in depression and diseases like fibromyalgia, cancer, strokes and heart attacks. Sealfon's empowering and supportive book shows how to easily enter a place of optimum health; reversing aging, increasing efficiency and focus, improving relationships and generally connecting with an integrated state of wellbeing and happiness.

"Written from the heart, full of practical advice," says Kathryn Leib Hunter, CEO NAMI National Alliance on Mental Illness. World-renowned Yogi Master Amrit Desai says: "...a must-read for anyone seeking fulfillment in their love life, professional life and family life."

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