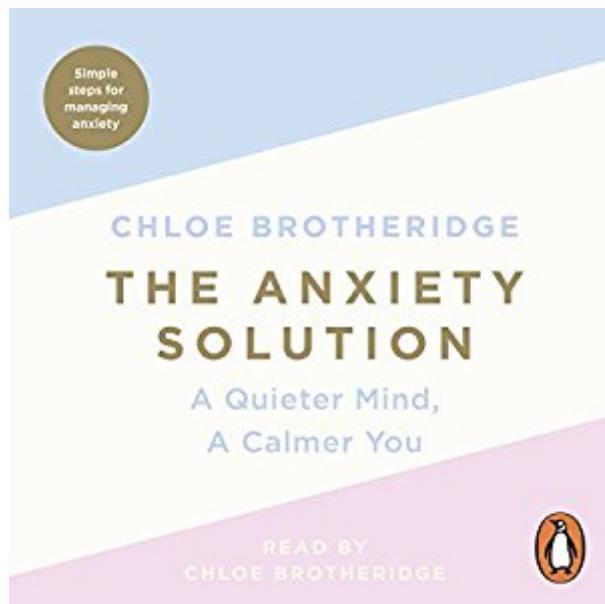


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# The Anxiety Solution: A Quieter Mind, A Calmer You



## Synopsis

Penguin presents the unabridged downloadable audiobook edition of The Anxiety Solution, written and read by Chloe Brotheridge. 'I know what it's like to be stuck in a cycle of anxiety. I used to feel as though fear and worry were a permanent part of who I was...but I'm here to tell you that it doesn't have to be this way. The truth is, your natural state is one of calmness and confidence - and I'm going to teach you how to get there.' Therapist Chloe Brotheridge has used the latest scientific research and her own personal experience to create a programme that has already helped thousands of her clients to overcome anxiety. The Anxiety Solution will provide you with simple yet powerful practical tools to help you manage your symptoms and start feeling better every day. Chloe will help you to understand why we feel anxious in the first place and equips you with techniques to help manage the symptoms and start living a happier, more confident life. Whether it is social media pressure, perfectionism or fear of failure, this book will show you how to regain control of your life. If you want to spend less time worrying and restore your confidence, this book is the solution for you. You'll be surprised how quickly you can be back in control and able to enjoy your life once again. The Anxiety Solution is your road map to a calmer, happier and more confident you.

## Book Information

Audible Audio Edition

Listening Length: 5 hours and 32 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Penguin AudioBooks

Audible.com Release Date: February 23, 2017

Whispersync for Voice: Ready

Language: English

ASIN: B01NB19FTE

Best Sellers Rank: #4 in Books > Health, Fitness & Dieting > Addiction & Recovery > Obsessive Compulsive Disorder (OCD) #21 in Books > Self-Help > Anxieties & Phobias #21 in Books > Self-Help > Journal Writing

## Customer Reviews

Disappointing. Nothing different about this book.

I thought this was not only effective but funny too so it kept me engaged the entire time. I would

recommend to anyone!

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The Anxiety Solution: A Quieter Mind, a Calmer You Anxiety: Anxiety Cure Secrets: 10 Proven Ways To Reduce Anxiety & Stress Rapidly (BONUS- 30minute Anxiety Coaching Session- Anxiety Cure, Become Free, 10 simple ways) Separation Anxiety: A Parent's Guide for Dealing with a Child's Separation Anxiety ~ ( Separation Anxiety Disorder | Separation Anxiety in Children or Toddlers ) CBT Worksheets for Teenage Social Anxiety: A CBT workbook to help you record your progress using CBT for social anxiety. This workbook is full of ... CBT therapy and CBT books on social anxiety. Yoga Exercises for Teens: Developing a Calmer Mind and a Stronger Body (SmartFun Activity Books) Yoga for You: Feel calmer, stronger, happier! (Good For You) The Fear and Anxiety Solution: A Breakthrough Process for Healing and Empowerment with Your Subconscious Mind The Fear and Anxiety Solution: Guided Practices for Healing and Empowerment with Your Subconscious Mind Master Your Mind: Achieve Greatness by Powering Your Subconscious Mind [mental power, mind control, thought control] (brain power, subconscious mind power, NLP, Neuro Linguistic Programming) The Un-Prescription for Autism: A Natural Approach for a Calmer, Happier, and More Focused Child Simplicity Parenting: Using the Extraordinary Power of Less to Raise Calmer, Happier, and More Secure Kids From Anxiety to Meltdown: How Individuals on the Autism Spectrum Deal with Anxiety, Experience Meltdowns, Manifest Tantrums, and How You Can Intervene Effectively The Anxiety Workbook for Teens: Activities to Help You Deal with Anxiety and Worry The Pregnancy and Postpartum Anxiety Workbook: Practical Skills to Help You Overcome Anxiety, Worry, Panic Attacks, Obsessions, and Compulsions Stop Anxiety from Stopping You: The Breakthrough Program For Conquering Panic and Social Anxiety The Anxiety Workbook for Teens: Activities to Help You Deal with Anxiety and Worry (Instant Help Solutions) Declutter Your Mind Now - 22 Simple Habits To Declutter Your Mind & Live A Happier, Healthier And Stress-Free Life: How To Eliminate Worry, Anxiety & ... A Richer Life (Decluttering Secrets Book 1) The Solution To Social Anxiety Expanded Business Edition: Break Free From The Shyness That Holds You Back The Solution to Social Anxiety: Break Free from the Shyness That Holds You Back The Power of Your Subconscious Mind: There Are No Limits to the Prosperity, Happiness, and Peace of Mind You Can Achieve Simply by Using the Power of the Subconscious Mind, Updated

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