

3 Steps to Reduce Anxiety with Mindfulness

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Synopsis

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Discover how to tame that vicious monster inside your head and take charge of your life again.

Do you always find yourself thinking of the worst-case scenarios, no matter how outlandish they may seem? Would you rather avoid meeting someone new for fear of being judged by them? Are you often paralyzed with terror, complete with racing heartbeats, sweaty palms, and rapid, shallow breathing? It's completely normal to feel nervous and panicky, given the daily challenges we encounter at work and at home, a society that tends to be critical of appearances and behavior, plus extraordinary sources of stress like the pandemic. However, when the feeling of distress does not go away for a prolonged period, and your fears seem to have crippled you from doing things you usually do, it is time to do something. When anxiety becomes unmanageable, it does not only interfere with your quality of life; it can also lead to serious and adverse health consequences.

Anxiety itself should be a cause of alarm – according to the World Economic Forum, it is the **number one** mental health concern people face today. In fact, roughly 275 million people – or around 4% of the global population, suffer from anxiety disorders. However, while excessive anxiety and stress can be disruptive and harmful, there are plenty of ways to control the things that feed them so you can **better** cope with the symptoms and overcome them completely.

Fortunately, this book is packed with everything you need to know to stop anxiety – along with its debilitating effects – in its tracks.

Inside, here is just a small fraction of what you will discover:

- What anxiety is and what it's not** – don't let misconceptions get in your way to conquer the condition.
- 6+ types of anxiety** – find out which one you're suffering from so you can deal with it properly.
- What mindfulness is and why Oprah Winfrey, Kate Middleton, and Goldie Hawn swear**

by its benefits – plus simple ways to practice it yourself!

- The power of positive affirmations** – with a list of motivational mantras that you can use every single day of the month.
- How to successfully let go of your past so you can focus on the present – don't skip this crucial step if you want to manage your anxiety.
- 12+ types of breathing** to blow your worries away before they become serious anxiety attacks.
- Fail-safe techniques to eliminate your anxiety physically, mentally, and emotionally.

And much more.

When left unchecked, anxiety can wreak havoc on your mind, emotions, and body, increasing your risk of suffering from severe conditions that can even threaten your life. It's time to stop feeding the beast that is responsible for your internal chaos. With a simple and practical three-step approach, you can control your symptoms and beat anxiety before it completely takes over your life.

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