

ing Your Brain in 21 Days: Overcoming Anxiety and C

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Synopsis

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Our thoughts, emotions, and behaviors are all connected. When we get stuck in our thoughts, this can impact our feelings and emotions negatively. A downward spiral of anxiety, panic attacks, and depression can follow. *Cognitive Behavioral Therapy for Anxiety* offers proven strategies and techniques for anyone suffers with anxiety, panic attacks or compulsive disorders to break free by rewiring your brain. From this audiobook youâ€™ll learn how to:

- Identify unhelpful thought patterns and negative thoughts
- Retrain your brain to help overcome stress and anxiety
- Break bad habits that are holding you back from living the life you want
- Become calmer and more confident
- Break free and feel 100 percent happier

Regain control over your life with these proven CBT techniques that you can start using TODAY!

Reader's comments

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