



Farewell to Anxiety: 7 Quick & Simple Steps to rid yourself of anxiety! (Volume 1)

Dr Marcia Becherel, Dr Olivier J Becherel

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Learn simple & practical tips to help you let go of anxiety and stress. In Farewell to Anxiety - 7 Quick & Simple steps to rid yourself of anxiety you will learn: You will learn: - The root cause of your stress and anxiety - The hidden purpose behind anxiety - What are the signs to pay attention to... - The“Magic Checklist”to regain balance - POWER QUESTIONS to help you break the anxiety pattern - The Biology of the Stress response - How the stress response cripples your body at the cellular level and makes you age faster - The exclusive Fast Anxiety Relief technique - The Heart Breathing to centre yourself

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