



Fear and Anxiety Solution: A Breakthrough Process for Healing and Empowerment with Your Subconscious Mind (Hardback)

By Friedemann Schaub

SOUNDS TRUE INC, United States, 2012. Hardback. Condition: New. Language: English . Brand New Book. You re late to a meeting and caught in traffic. Your toddler is screaming and your in-laws just showed up. You re about to give an important presentation but you ve misplaced your notes--and you re beginning to panic. We all find ourselves in situations that stir up anxiety. And for many of us, our fear and worry have reached debilitating levels. How can we stay balanced and live up to our potential when fear and anxiety seem so easily to get the best of us? According to Dr. Friedemann Schaub, the answer lies in the subconscious mind--the source of our most challenging emotions and the key to the wisdom they offer. The Fear and Anxiety Solution presents Dr. Schaub s breakthrough and empowerment program for learning to understand, direct, and utilize the subconscious mind as our greatest ally on the path to health and wholeness. The processes and tools of each chapter will show you how to consciously work with your subconscious mind to pinpoint and understand the root causes and deeper meanings of your fear and anxiety, release emotional blocks from the past,...



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