



Free Yourself from Anxiety: A Mind-Body Prescription

Erin Olivo

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Stress isn't good or bad, it's just a part of life. The trouble starts when we don't know how to work with it. Through a unique approach that combines simple mindfulness practices and insights from cognitive behavioral therapy, Free Yourself from Anxiety gives us a powerful antidote to the debilitating effects of everyday stress. Here is a toolbox of guided practices to assess personal stress levels and identify triggers, build our "stress muscles" for resilience in challenging situations, and stay more relaxed when anxiety arises.

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