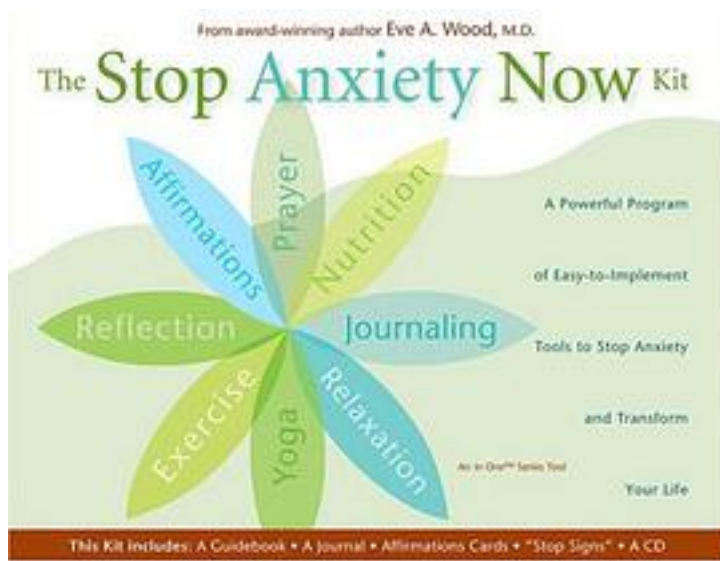


The Stop Anxiety Now Kit



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Award-winning author, psychiatrist, and teacher Eve A. Wood, M.D., brings you a comprehensive, easy-to-use "Stop Anxiety Now" kit based on her book "There's Always Help; There's Always Hope," as well as her more than 28,000 hours of clinical work with patients. In this kit, you'll learn crucial lessons about what causes anxiety and how you can heal and transform it so that you can enjoy inner peace. Included within you'll find:

- A guidebook that outlines the program and teaches you how to apply nine different tools to alleviate your anxiety - 24 affirmation cards, 12 of which already contain affirmations and 12 that you'll be using to create your own for anxiety transformation - A Thought-Stopping Plan card and 10 Stop Signs that you will be using as part of a mind-body technique to "stop anxiety now" - A journal for you to record your progress - A CD, narrated by Dr. Wood, filled with meditative, relaxation, and guided-imagery tools for your immediate and regular use

作者介绍:

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