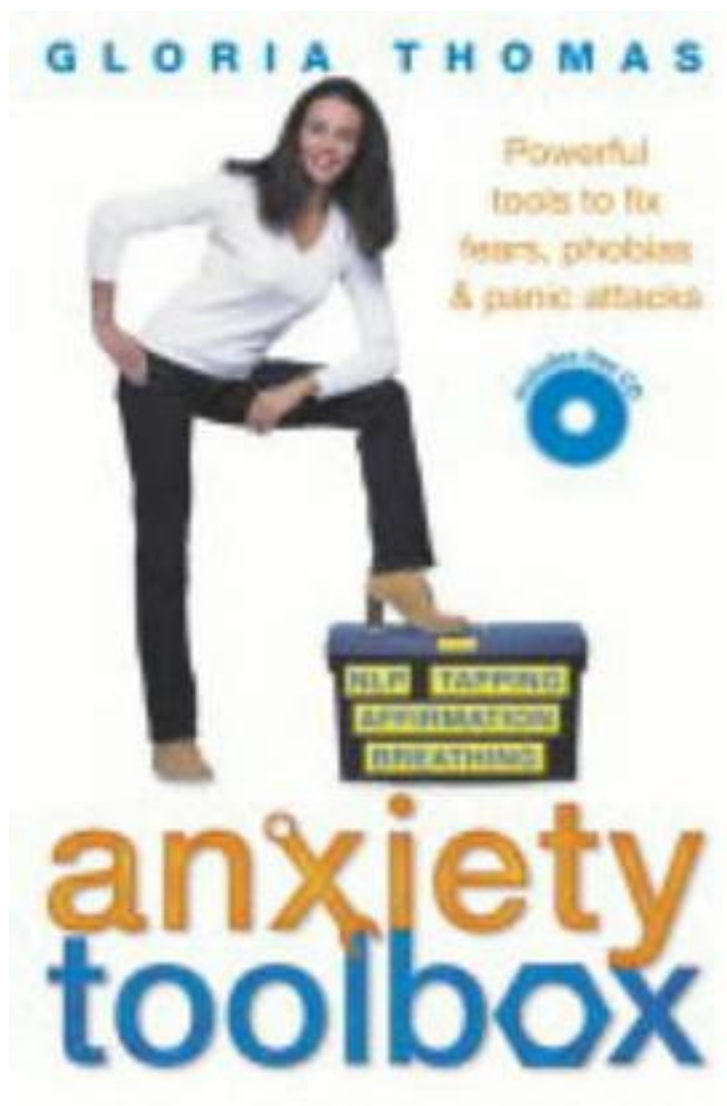


# Anxiety Toolbox



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Gloria Thomas, whose methods are highly recommended by The Sunday Times, Red and Zest, brings you an extremely practical book to overcome your fears, phobias and anxieties. Using her skills as a master NLP practitioner, hypnotherapist and Reiki master she shows you how to take control of your fears even in the most demanding trigger situations. / 70-80 per cent of the population suffer from an anxiety-related condition in the form of fear, phobia or panic attack. These can have a devastating effect on people's lives, holding them back and making them feel isolated and depressed. / Using her unique combination of skills as a master NLP practitioner, Thought Field Therapist, Hypnotherapist and Reiki Master, former sufferer Gloria Thomas gives readers the tools they need to take control of their fears in even the most knee-trembling situations and banish them forever. / Covers specific trigger situations, such as crowds, air travel, conference speaking, visiting the dentist, agoraphobia, being on your own, the dark, etc, as well as first aid 'what to do during an anxiety or panic attack'. / Gloria's techniques include thought field therapy, cognitive/behavioural techniques, visualization, affirmation, self-hypnosis scripts, breathing, anchoring, Reiki methods, etc. / Free 60-minute CD as part of Gloria's toolbox to guide readers through the visualizations and self-hypnosis exercises. / Morale-boosting real-life stories

作者介绍:

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