



Escape From Anxiety--Supercharge Your Life with Powerful Strategies from A to Z

Peggy Sealton

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A comprehensive guide from A to Z through simple yet transformational strategies to relieve anxiety and shift into a positive life of infinite possibilities. Based on ancient practices to modern psychology and breakthroughs in neurosciences, the time-tested skills in this book are easy to use and will show how to enter a place of peace and contentment like you never thought possible. It's time to unlock your new destiny. ...I am delighted to recommend this new work by Peggy Sealfon. The insight and wisdom she has distilled...based on ancient yogic principles, into a practical manual is a gift to those whose lives are compromised by the grip of anxiety and depression. Her well-organized approach to facing one of life's most distressing emotional disabilities is a must-read for anyone seeking fulfillment in their love life, professional life and family life. --Yogi Amrit Desai... Peggy Sealfon shares innovative secrets to: *Change habits that cause anxiety *Handle everyday challenges more easily *Integrate mind and body for wellbeing *Reconnect to your inner power *Be free of fears. Live life abundantly.

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