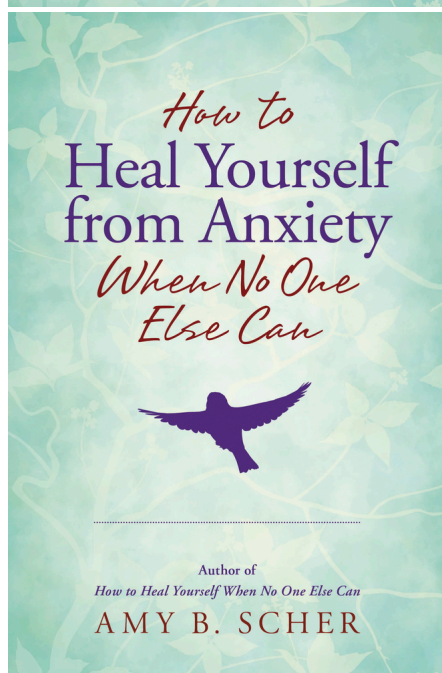
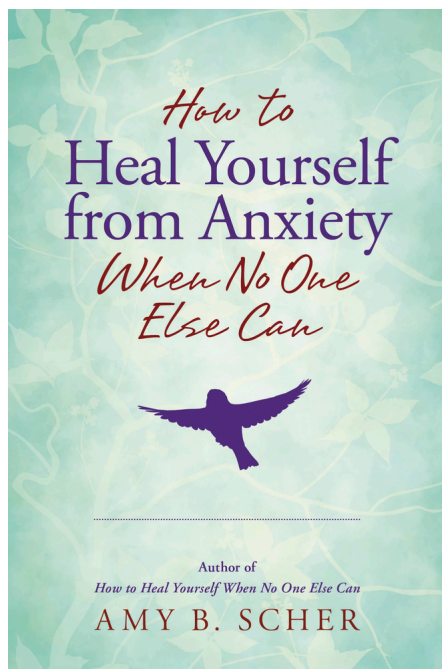


How To Heal Yourself From Anxiety When No One Else Can - Scher



A Brand New Approach to Healing Anxiety!

Rating: Not Rated Yet

Price

Salesprice with discount

Sales price \$17.99

Sales price without tax \$17.99

Tax amount

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Description

Discover the remarkable energy therapy that has helped thousands of people when nothing else worked.

Anxiety is not "just fear" and it doesn't come from out of the blue. In fact, everything you think you know about anxiety is about to change. With a brand new approach to understanding and overcoming anxiety, this exceptional book is unique, go-at-your-own-pace, and full of hands-on techniques and guidance that illustrate one profound truth: healing from anxiety is possible.

When taking deep breaths isn't enough.

Join Amy B. Scher--author of the bestselling author of How to Heal Yourself When No One Else Can--as she shares her proven methods to address emotional healing and heal the root of anxiety: changing harmful beliefs, calming your body, and releasing old emotional energy that holds you back.

When yoga isn't enough.

This self-help anxiety workbook guides you through a series of transformative tools and easy-to-follow energy healing exercises that can change your life quickly. No more struggling--you can heal.

When taking long walks isn't enough.

Written with clear instructions and a supportive and fun tone, Amy will be by your side every step of the way as you use her dynamic energy healing methods for overcoming anxiety.

Utilizing Amy's powerful self-created emotional healing techniques like The Sweep to release subconscious beliefs and Thymus Test & Tap to clear stuck emotions from the body, as well as her own version of the widely popular Emotional Freedom Technique (EFT), you will learn how to let go of unresolved emotional baggage so that you can become the healthiest, most relaxed, lighthearted version of yourself.

Reviews

There are yet no reviews for this product.