



At Last a Life and Beyond

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At Last a Life and Beyond is the sequel to my best selling book 'At Last a Life'. This latest title is packed with information on how to overcome anxiety and what keeps people in the loop. The book will cut out all the jargon and give you a clear perspective on how to overcome all of your anxiety and panic issues.

In this book you won't find a list of techniques, rules or methods, as you don't need them. I am sure you have tried enough of these and still found little relief. Techniques, rules and methods usually take effort and are mostly built on suppression of feelings, which is the complete wrong approach. Anxiety is your mind and body's way of telling you that you are already overdoing it with effort, both mentally and physically, so the last thing you want is to add more effort.

If you want to free yourself from the prison you currently find yourself in and rediscover the true you, then this book will finally give you all the answers you need.

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