

FREE THE ANTI-ANXIETY TOOLKIT: RAPID TECHNIQUES TO REWIRE THE BRAIN PDF



Melissa Tiers | 112 pages | 01 Dec 2011 | Createspace | 9781466451728 | English | Scotts Valley, CA, United States

The Anti-Anxiety Toolkit by Melissa Tiers

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The new book from the award winning author of "Integrative Hypnosis: A comprehensive Course in Change" This book will teach you the most powerful and rapid ways to reduce excessive fear, worry and anxiety. Integrating techniques from the fields of clinical hypnosis, NLP, Cognitive, Behavioral and Energy Psychology, this book is comprehensive and life changing.

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Start your review ofThe Anti-Anxiety Toolkit. Jun 02, Ernie Svenson rated it it was amazing. Great short actionable book Some books need to The Anti-Anxiety Toolkit: Rapid Techniques to Rewire the Brain long and dense to get the information across. Some people might be disappointed to find this book is short enough to read in an hour or less. But most people who want easy-to-follow methods of reducing stress and anxiety or other kinds of problemswill be extremely pleased.

Nov 14, Rebecca rated it liked it Shelves: nonfiction. I should probably go back and try this again while not actively in the middle of a slow-moving panic attack.

The exercises seem to be fairly promising, but it's hard to convince your brain that disaster is not happening when actually, no, a real disaster is actually unfolding around you in real time. Probably better to practice these on low-level anxiety before trying to scale up to the full thing. Another excellent book by Melissa.

Jan 19, Ruthy Baker rated it it was amazing. Great ideas for dealing with anxiety Most of the ideas in this book will be familiar to hypnotists, who often use NLP techniques and EFT tapping in their work in a similarly integrative approach. What sets this book apart is how clearly and concisely the processes are explained.

May 03, Jennifer rated it it was amazing Shelves: nonfictionpsychology. A powerful little book. Written very clearly and directly, the book presents a lot of simple but effective techniques for taking control of and releasing from daily feelings of anxiety or repetitive worry thoughts. Sep 14, DAWN rated it it was amazing. Short and packed! Lots of great stuff in this little book! Sep 04, William Wood rated it it was amazing.

A little book filled with The Anti-Anxiety Toolkit: Rapid Techniques to Rewire the Brain, easy to apply techniques. I read it in less than an hour. Now it is time to go play with the ideas inside the book. Nov 10, Cindy rated it really liked it.

Good practical techniques to reduce anxiety. Excellent and concise. Real-world solutions that break the circle of worry. Lee rated it it was amazing Jun 14, Robert Campbell rated it really liked it May 20, Susan Benjamin rated it it was amazing Jan 06, Myra rated it it was amazing Aug 26, Tara rated it it was amazing Feb 19, Jennifer rated it really liked it Jun 29, Steve rated it really liked it Feb 14, The Anti-Anxiety Toolkit: Rapid Techniques to Rewire the Brain Eman Nooruddin rated it it was amazing Apr 15, May 10, Sarah rated it it was amazing.

Great book. Lots of useful ideas, especially for performance anxiety for musicians! Matt Worger rated it it was amazing Feb 02, Diane Sewell rated it it was amazing The Anti-Anxiety Toolkit: Rapid Techniques to Rewire the Brain 29, Mark Sewell rated it it was amazing Jun 21, Christine Sedita rated it it was ok Oct 09, Mike Bowler rated it really liked it Jun 04, Subhajit Das rated it really liked it Dec 06, There are no discussion topics on this book yet.

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The Anti-Anxiety Toolkit: Rapid Techniques to Rewire the Brain - Melissa Tiers - Google книги

By Melissa Tiers. The new book from the award winning author of "Integrative Hypnosis: A comprehensive Course in Change" This book will The Anti-Anxiety Toolkit: Rapid Techniques to Rewire the Brain you the most powerful and rapid ways to reduce excessive fear, worry and anxiety. Integrating techniques from the fields of clinical hypnosis, NLP, Cognitive, Behavioral and Energy Psychology, this book is comprehensive and life changing.

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Thank you for respecting the hard work of this author. To all my anxious clients, students, and friends who trusted me enough to let me into their minds. Thank you. My goal for this little book is to allow the reader to be able to get relief within ten minutes of opening it. When I work with my clients to overcome anxiety, my approach is two-fold. For many people, just learning about these things decreases the intensity of episodes.

Then we work together to systematically neutralize the triggers and reprogram the responses. So even though they have many techniques to stop anxiety, the reprogramming process makes it so they rarely have to use them.

First, you learn how to kick ass. Then you learn how The Anti-Anxiety Toolkit: Rapid Techniques to Rewire the Brain never need to use it. Once

you get this you will be in a much more receptive state of mind to practice the more in depth processes that come later on. Think of anxiety as a network of neural clusters in the brain that create an area of association—as some neuroscientists like to say, the cells that fire together, wire together.

For instance, a violin player will have an area of association that correlates to the hand she uses to finger the instrument. The more she practices, the more robust the area becomes. If she stops playing for a while, the cluster shrinks back to normal size. Upload Sign In Join.

Find your next favorite book Become a member today and read free for 30 days Start your free 30 days. Home Books Medical.

Create a List. Download to App. Length: 75 pages 45 minutes. Description The new book from the award winning author of "Integrative Hypnosis: A comprehensive Course in Change" This book will teach you the most powerful and rapid ways to reduce excessive fear, The Anti-Anxiety Toolkit: Rapid Techniques to Rewire the Brain and anxiety.

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Anti-anxiety toolkit: Rapid techniques to rewire the brain. This little book will teach you the most powerful and rapid ways to reduce excessive The Anti-Anxiety Toolkit: Rapid Techniques to Rewire the Brain, worry and anxiety.

Integrating techniques from the fields of clinical hypnosis, NLP, Cognitive, Behavioral and Energy Psychology, this book is comprehensive and life changing. Wow, wow, wow!!! As a physician and mind-body healing expert, I am always looking for ways to help patients deal with their The Anti-Anxiety Toolkit: Rapid Techniques to Rewire the Brain.

The bottom line is that when people are feeling anxious, this filters their perception of everything that happens to them in their life, and makes it all seem bad and overwhelming. Unlike conventional talk therapies, which deal with content i. This means that instead of spending endless time trying to figure out WHY you are anxious, you can change HOW your brain and nervous system create anxiety.

This book contains extremely powerful yet simple tools to do just this, and they are explained in an easy to read, easy to understand way. This has my absolute highest recommendation, and should be on the top shelf for all healthcare professionals, therapists, parents, life coaches, clergy, and pretty much every one else who owns a book shelf. Robins, M. I am a psychiatrist, and I keep a stack of copies of The Anti-Anxiety Toolkit on my office desk to hand out, it is that useful.

Well, I TRY to keep a stack there. They disappear very quickly. As do my copies at home, given to, well, every family member and friends too. It's written like the best poetry, concise, alive on the page, draws you right in and gets you doing her techniques.

And her techniques work. They make me into a more effective therapist because I can help people immediately AND give them skills to take and use anywhere, anytime. I use them myself, and I can now lecture, teach, and testify in court with more ease and authority. The best money you will ever spend. Joanne A.

Xanax in book form This book is incredible and teaches insanely simple yet effective tools for you to frame things that freak you The Anti-Anxiety Toolkit: Rapid Techniques to Rewire the Brain in totally different ways.

My shrink recommended it and I read it all the time. Read other reviews on Amazon.

