



Self-Talk for a Calmer You: Learn how to use positive self-talk to control anxiety and live a happier, more relaxed life

Beverly Flaxington

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Powerful techniques for managing your anxiety!

Every day, millions of people struggle with anxious thoughts and feelings of dread, but you don't have to be one of them. With *Self-Talk for a Calmer You*, you can change the way you approach your worries and finally break free from the tight grip of anxiety. Filled with practical advice and positive self-talk scripts, this empowering guide provides a variety of strategies for dealing with uneasy thoughts in a constructive manner and moving past detrimental hangups. Complete with quick assessments that reveal anxiety triggers, you'll also learn how to create a self-talk plan that fits your needs.

From the workplace to personal relationships, *Self-Talk for a Calmer You* gives you the tools and confidence to develop a healthier way of thinking, overcome stressful situations, and reclaim your life.

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