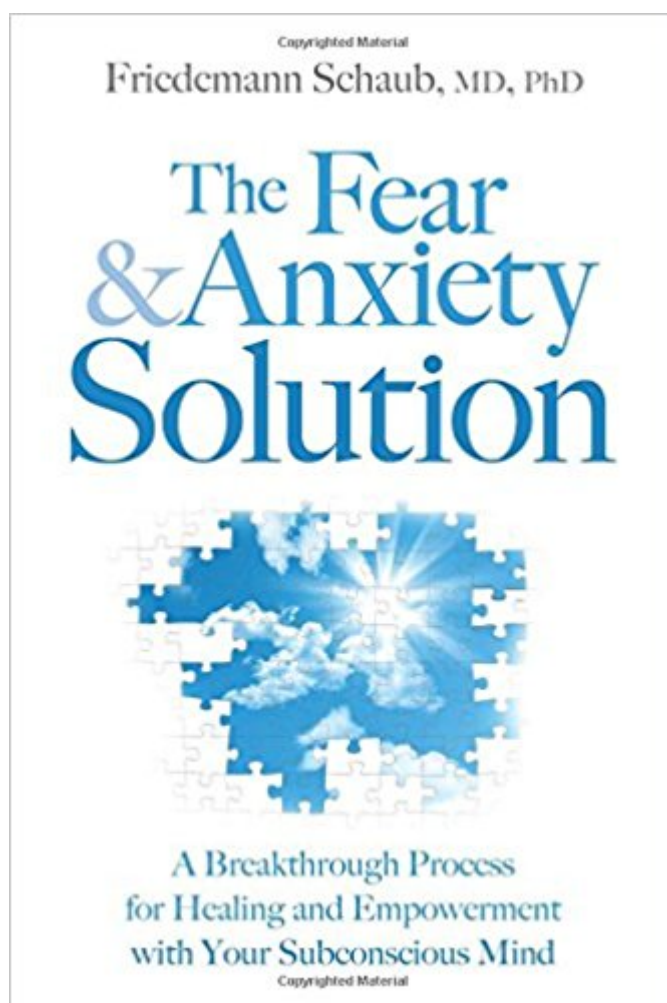


The book was found

The Fear And Anxiety Solution: A Breakthrough Process For Healing And Empowerment With Your Subconscious Mind



Synopsis

The Fear and Anxiety Solution is the 2012 Independent Publisher Award Gold Medal Winner and the USA Best-Book Award Winner in the category best new-self-help book. You're late to a meeting and caught in traffic. Your toddler is screaming and your in-laws just showed up. You're about to give an important presentation but you've misplaced your notes-and you're beginning to panic. We all find ourselves in situations that stir up anxiety. And for many of us, our fear and worry have reached debilitating levels. How can we stay balanced and live up to our potential when fear and anxiety seem so easily to get the best of us? According to Dr. Friedemann Schaub, the answer lies in the subconscious mind-the source of our most challenging emotions and the key to the wisdom they offer. The Fear and Anxiety Solution, Award-Winner in the 'Best New Self-Help Book' category of The 2012 USA Best Book Awards, presents Dr. Schaub's breakthrough and empowerment program for learning to understand, direct, and utilize the subconscious mind as our greatest ally on the path to health and wholeness. The processes and tools of each chapter will show you how to consciously work with your subconscious mind to pinpoint and understand the root causes and deeper meanings of your fear and anxiety, release emotional blocks from the past, and "shine more of who you truly are out into the world." Through step-by-step guidance, Dr. Schaub explains how to transform fear and anxiety into healing catalysts that lead to greater confidence, self-worth, and success, as he illuminates: The five principles for change-awareness, flexibility, choice, actualization, and readjustment How to address inner conflicts, stored emotions, and limiting beliefs-the three subconscious root causes of fear and anxiety A five-step process for effectively eliminating negative self-talk and mind-racing How to manage "free-floating anxiety" The Parts Reintegration Process, a powerful method for peace of mind, increased energy, and improved health The Pattern Resolution Process for releasing subconsciously stored fear and anxiety How to replace your old anxiety-driven identity with a new foundation of self-empowerment at the cellular level "The more unresolved fear and anxiety you've stored in your subconscious, the more untapped potential awaits you," explains Dr. Schaub. With The Fear and Anxiety Solution, now you have the tools to change faster and perform better in every aspect of your life through the power of conscious-subconscious collaboration.

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Customer Reviews

"The Fear and Anxiety Solution is beautifully written and loaded with the truth that can free you from the adverse effects of fear and anxiety. I highly recommend this book!" -Christiane Northrup, MD, author of the Women's Bodies, Women's Wisdom and The Wisdom of Menopause "This book can help you to abandon your past and achieve your potential. If you are ready, the coach has appeared. Show up for practice by reading and learning what this practical and wise book has to offer." -Bernie Siegel, MD, author of Faith, Hope and Healing and A Book of Miracles

"This book is so much more than a solution for fear and anxiety. It will educate you, guide you, empower you, and heal you. Dr. Schaub has uniquely blended the current wisdom on the subconscious power of the mind-body-spirit connection, and how to use it in daily empowerment practices that will transform your life for the better. His strategies truly represent a breakthrough process for using your subconscious mind for healing and empowerment. I highly recommend it to my patients, medical residents, and colleagues. And I recommend it to you."

--Steven Gurgevich, PhD, Clinical Assistant Professor of Medicine, Arizona Center for Integrative Medicine

"Anxiety has become an epidemic in our society and ongoing stresses would seem to indicate that there is no relief in sight. Most treatments focus on controlling the symptoms of anxiety. This author is asking readers to look within the subconscious for real, long-term solutions. A successful cardiac physician, Dr. Schaub became dissatisfied with the limits of allopathic medicine and decided to broaden his horizons with a degree in molecular biology. During this time he began his exploration of the mind-body-spirit connection. His path across a broad range of healing modalities uniquely positioned him to develop an in-depth process for analyzing, reprogramming, and healing anxiety. Dr. Schaub has broken his techniques down into manageable steps, explained all of it very clearly in laymen's terms, and walks the reader through it all with 360° of support. His goal for readers is self-empowerment. He understands that accomplishing that goal is complex, but he has

put together a process that works for those readers who are ready to try." - Anna Jedrzejewski,
Retailing Insight

Friedemann Schaub, MD, PhD, is a physician specializing in cardiology and molecular biologist who has helped thousands of people with his breakthrough and empowerment program that combines his medical expertise with NLP, Time Line Therapy, clinical hypnotherapy, and more. He lives in Seattle, Washington. See cellularwisdom.com.

WHAT THIS BOOK INCLUDES: Techniques for our conscious to connect with our unconscious where many of the root causes of dysfunctional behaviors are. Dr. Schaub gives detailed methods to recognize the messages that anxiety and fear signal from our unconscious. These techniques help us shift our perceptions to incorporate the real information from our subconscious into our consciousness. These alternative thought patterns enable us to access a more functional, balanced approach to life. He also teaches ways to check back with our subconscious to keep us on our new functional paths. I strongly recommend this approach to anyone struggling with negative emotions and/or thought forms causing dysfunction in their lives.

HOW THIS BOOK CHANGED MY LIFE: In my work with this book and with Dr Schaub, I became aware of many life long negative thought forms that affected my self perception. We worked through these by the recording at least several negative self-comments which I counter balanced with at least 3 positive comments regarding each "self-abuse". I had been conscious of some of these self-defeating patterns, but was astounded at how many and how deep these patterns can be. And this helped me be less depressed and more willing to keep working. Beyond that we/I discovered parts of myself that I had submerged. The anxiety, fears, worries, negative approach to life were telling me these parts needed love, acceptance, and upliftment. I'm a pediatrician and have no trouble being compassionate with and treating children with unconditional love. It has been a joy to be able to unconditionally love myself. Recognizing, accepting, and developing alternative ways of dealing with the fears/anxiety and the underlying self needs has been revolutionizing in my life. And using these techniques to recognize when I'm slipping back into old negative thought forms, getting back in touch with the real message and doing something about that has brought me out of life-long depression. Being in touch with the joy and enjoyment of life makes being here on Earth infinitely better. And to remember to practice, practice, practice these principles and techniques helps keep me free of anxieties and fears that I had allowed to restrict my life.

THE BEST BOOK EVER! I have been suffering from anxiety for almost a decade, and I tried almost everything to get rid of it but without any real effect. But when I began reading this book, for the first time ever, I began healing. This is because Friedemann not only gives you the answer for what created anxiety in the first place, but also because he gives a step by step program to resolve the issue. Another great thing about the book was that I actually felt a difference from the first chapter. The book is also written in a very easy to understand language, as it goes right to the core of the problems, which I found very helpful. Earlier I would tend to see the anxiety in itself as the problem, as an enemy that I hated, but Friedemann provided a powerful insight by explaining the benefits of anxiety - that the real purpose of anxiety is to protect us, and thus it's not the anxiety in itself which is the problem. Now, because this book has almost cured me from my anxiety, I am of course in all praise for the author Friedemann, and I can highly recommend it to others.

I rarely write recommendations for books on any website, and in fact, this is probably the first review I've ever written for any book. The only reason is that *Fear and Anxiety Solution* truly helped me enormously. When I was 17 or 18, I was having an important exam the next day. I had an awful night of sleep where I was constantly waked up by noises. Ever since I've experienced negative emotions when trying to sleep. But my parents would not understand what it's all about, and there seemed to be no use talking to anymore; so I just hid this within myself, until it became increasingly exasperating that I did not even dare to think about sleep in the day time. No one around seemed to have this sort of worry, and for quite a few years I secretly thought there was something wrong with my brain, and I just had to live with it like that. Growing up immersed in hard science (physics, chemistry and such), I did not believe in therapy. I used to laugh at my friends who practiced meditation, and I remember when I went to see my first therapist by accident, I was challenging her with all sorts of questions like: isn't anxiety generated by wrong chemicals firing in my brain? My negative emotions for falling asleep gradually got better with therapy, but it's only when one day I bumped into Dr. Schaub's work that I truly became aware of the mechanism of why I thought the old way I used to, and how to change that. The book did not have any fluff that talks about things I find hard to believe (for example gurus in India cured patients with only cigarette ashes and such), but explained psychology and physiology in a way that I find acceptable and trustworthy. Therefore, it is convincing for me that I am doing something scientifically correct, not just some wishy-washy stuff like a lot of other books too. I would highly recommend anyone to try this book if he/she experiences any negative emotions. By the way, the book also has a nice

Audible version as while that contains the succinct info of the book and many therapies recording you could just play for exercises.

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