

KRISTEN ULMER

*Step-By-Step
Do's & Don'ts
of Anxiety*

THE ART OF
FEAR

Exact Steps
To Permanently End
Your Anxiety

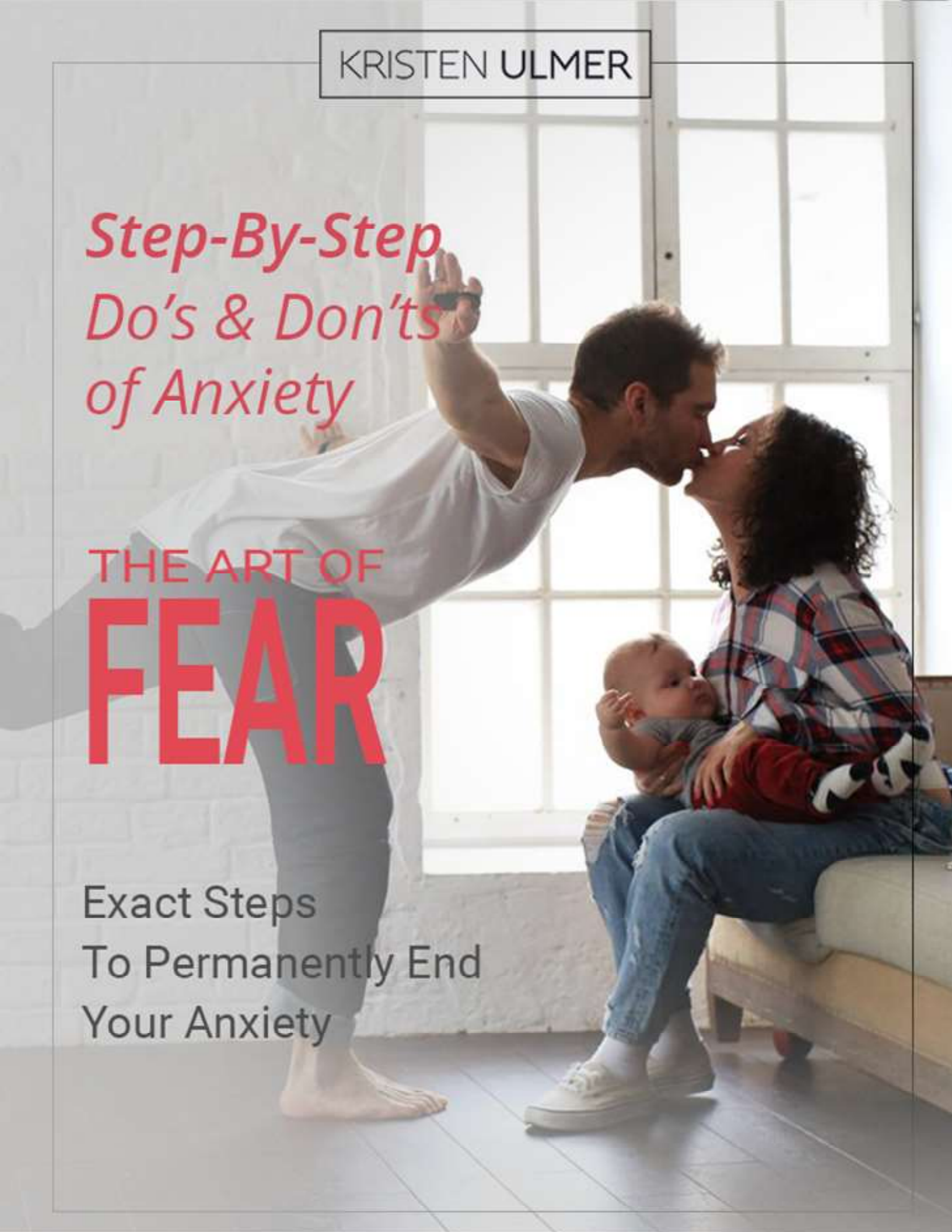


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WELCOME

Our world is an amazing place. With so much to experience and create, you want to make your unique and immersive mark.

Yet thinking in these terms can be impossible, when just getting through the day is so hard.

Likely you're reading this because you or a loved one suffers from excessive fear and / or anxiety and you seek answers and you seek help. Perhaps you've tried many relaxation efforts to feel better and reduce the symptoms of fear and / or anxiety; such as deep breathing, being fully present, laughter, dancing, meditation, exercise, tapping, getting out into nature and the like. All good stuff which makes you feel much better. Cognitive Behavior Therapy or biological approaches such as recreational and prescription drugs can also take you from miserable to functional and are also very effective.

Given this, why is fear and anxiety only becoming more of a problem for us all? And why are you seeking out new information, when all these methods should work just fine?

The reason is --more pills, more technologies, more methods-- based on what's clearly an escalating problem, are only proving to be temporary solutions. And none of these "solutions" offer any explanation of why this is happening. They never address the underlying cause.

Which begs the question: why IS this happening? Why has fear and / or anxiety become such a problem for you, and for us all?

What IS the underlying cause?

Is it the nature of LIFE itself, you may wonder- is that the problem?

Or is it the nature of our *current* lives, in that we've just become so busy? Much of the advice out there certainly does center around simplifying your life. Work less. Do less. Even if you don't want to, this can often seem like the only option. You have to give up your hopes and dreams of living a more productive or adventurous life,

but if that's what it takes to feel emotionally healthy, with a sigh maybe you figure you should do this.

But what if...what IF... you could identify the underlying cause of your excessive fear and / or anxiety and find out that you're merely in a bad habit? One that can clearly be identified.

And what if, based on that information you could see another clear choice, an alternative that's not just another temporary treatment for symptoms. An action that specifically addresses and turns around the underlying problem. Where you could not only feel better, but get back into and engaged in life again.

That time is now. With this manual at your fingertips, I'm going to make it very simple and practical for you. I'll start by explaining *exactly* where your excessive fear and / or anxiety comes from. Then I'll target and address the underlying cause- which is the bad habit that you're in.

There simply is no need to suffer from excessive fear and / or anxiety or spend your entire life managing it anymore with this manual in your hands. It will be your pattern interrupter --your absolute turning point regarding fear and / or anxiety. Congratulations. Everything is about to change.

Let's get started.

WHAT IS FEAR?

Here's all you need to know.

Purchase to see more