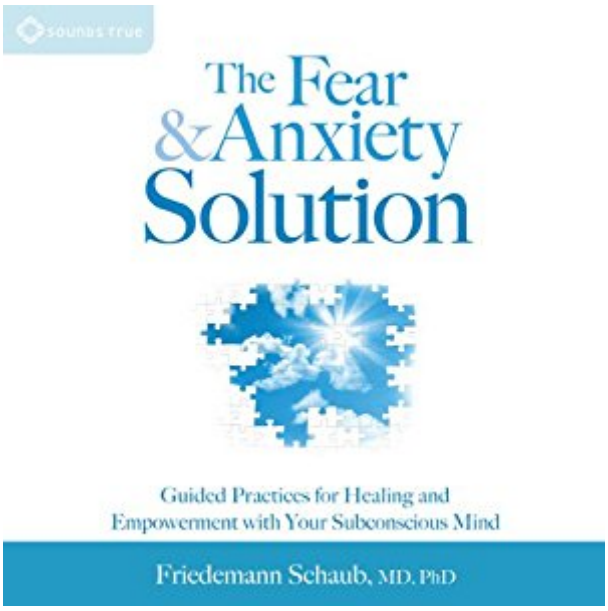
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The Fear And Anxiety Solution: Guided Practices For Healing And Empowerment With Your Subconscious Mind



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Synopsis

Transform Your Fear and Anxiety into Catalysts for Wholeness We all find ourselves in situations that stir up anxiety. And for a growing number 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 these most challenging emotions and the key to the wisdom they offer. The Fear and Anxiety Solution presents Dr. Schaub's breakthrough program for learning to understand, direct, and utilize the subconscious mind as our greatest ally on the path to health and wholeness. Through a wealth of insights and step-by-step guidance in more than a dozen practices, Dr. Schaub explains how to transform fear and anxiety into healing catalysts that lead to greater confidence, self-worth, and success as he illuminates: How to address inner conflicts, stored emotions, and limiting beliefs-the three subconscious root causes of fear and anxiety.The Parts Reintegration Process, a powerful method for peace of mind, increased energy, and improved health.The Pattern Resolution process to release emotional baggage from your subconscious and cellular memory.How to replace your old anxiety-driven identity with a new foundation of self-reliance and empowerment at the cellular level.At last, here are the tools to change faster and perform better in every aspect of your life with the power of conscious-subconscious collaboration.

Book Information

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Customer Reviews

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 Freidemann 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, at it goes right to the core of the problems, which I found very helpful. Earlier I wound tend to see the anxiety in itself as the problem, as an enemy that I hated, but Friedemann provided a power 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 Freidemann, and I can highly recommend it to others.

I rarely write recommendation for books on any website, and in fact, this is probably the first review IÃƒÂ¢Ã â ¬Ã â„¢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 IÃƒÂ¢Ã â ¬Ã â„¢ve experienced negative emotions when trying to sleep. But my parents would not understand what itÃƒÂ¢Ã â ¬Ã â„¢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: isnÃƒÂ¢Ã â ¬Ã â„¢t anxiety generated by wrong chemicals firing in my brain?My negative emotions for falling asleep gradually got better with therapy, but itÃƒÂ¢Ã â ¬Ã â„¢s only when one day I bumped into Dr. SchaubÃƒÂ¢Ã â ¬Ã â„¢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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