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By Jennifer Peacock-Smith

Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Do you, or a loved one, struggle with Anxiety? Are you tired of feeling that you are at the mercy of your body, the experts, and situations that you can't control? Do you feel that traditional advice leaves you feeling as though you are swimming against the tide? In *The Lion and the Peacock*, Jennifer shares candidly about her life with Anxiety, Stress, and Panic Attacks. Using very simple analogies, Jennifer weaves a tale that helps to turn the complicated processes within the body and the mind, into an inspiring and well-written story that pulls her readers into each moment. Through her vulnerability and honesty, she will take you through her experiences and learnings, leaving you feeling validated and equipped. Through her stories, unique techniques, and the workbook at the back, you will learn how to: * Unpack your own anxiety journey * Listen to your body and understand what it is doing and why * Use the tide to work for you instead of having to fight against it * Create a safe world around you to...

Reviews

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It becomes an awesome publication that I actually have actually read. It really is writter in simple terms and not difficult to understand. Once you begin to read the book, it is extremely difficult to leave it before concluding.

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