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## **Relieve Stress and Anxiety in Just a Few Minutes Using Only Words**

*Use a Little Known European Self-Coaching Tool to Stop Worrying About Things You Can't Control*

LITTLETON , Colorado, May 10, 2020 – People who worry about things they can't control sleep better at night thanks to a new European technique that lets them relieve stress and anxiety in just a few minutes, using only words. Now a new, brief, self-help book allows readers to start to use this process almost immediately.

Dr. Laurie Weiss, author of ***Letting It Go: Relieve Anxiety and Toxic Stress in Just a Few Minutes Using Only Words (Rapid Relief with Logosynthesis®)***, (Empowerment Systems Books, 2016, ISBN 9780974311357, \$14.95, [www.BooksByLaurie.com/go](http://www.BooksByLaurie.com/go)) explains why she was intrigued when she first encountered this process. "After 40 years of helping people make important changes in their lives, I was amazed that the power of this new tool enabled me to do the work in a fraction of the time with a fraction of the pain."

Dr. Weiss and her husband of 59 years, Dr. Jonathan B. Weiss, traveled to Nova Scotia to study advanced Logosynthesis® techniques focused on managing personal energy, with the founder and developer of this process, Swiss-Dutch Psychologist, Dr. Willem Lammers. Five years later the Weisses were the only Master Certified Practitioners of Logosynthesis® (Logosynthesis International Association) in the United States.

Dr. Lammers invited Dr. Laurie Weiss, author of many other books, to write this book as an introduction to Logosynthesis® for the lay public. ***Letting It Go*** has proved effective in helping readers resolve anxiety and stress and has a 4.3-star rating on Amazon.com with 57 reviews.

Laurie Weiss, Ph.D. has a multifaceted background as an internationally known psychotherapist, executive and life coach, marriage counselor, relationship communication expert, trainer of professionals, speaker, grandmother and author of eight books. Her current focus is on helping clients reclaim their life energy and find joy in all areas of their lives.

Dr. Weiss offers readers three tips to create the focus for using the three Logosynthesis® sentences.

**1. Listen to the words you hear in your mind when you feel anxious or stressed and complete this sentence. "I hear \_\_\_\_\_ (some sound, voice and/or words I don't want to hear)"**

Sometimes the trigger for your anxiety or stress can be found in the words that spontaneously come into your mind.

**2. Notice how your body feels when you are experiencing anxiety or stress, and complete this sentence. "I feel \_\_\_\_\_ (a sensation, often tension or pain, in a specific part of my body—my shoulders, my stomach, my eyes, my hands, etc.)"**

For many people, experiencing these body sensations is the way they know they are stressed or anxious.

**3. Notice the unwelcome images that come into your mind and cause you to feel stressed or anxious and complete this sentence. I see \_\_\_\_\_ (a mental image of a person, place, thing or scene that once happened or that might happen in the future)**

An image that you can't seem to let go is frequently a trigger for the stress and anxiety your experience.

**Sounds, thoughts and images that are left over from situations as traumatic as recovery from a divorce, to as annoying as a song stuck in your head, can cause you stress. The Logosynthesis® process can help alleviate that stress.**

For a free copy of the three Logosynthesis® sentences that are available in a ***Quick Start Guide: Using Logosynthesis to Release Anxiety, Stress and Worry*** visit <http://www.BooksbyLaurie.com/guide>.

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#### **About the Author:**



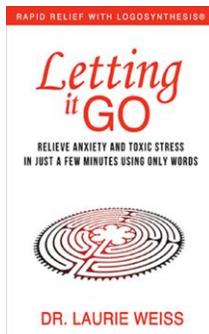
Psychotherapist, Coach and Relationship Communication Expert **Laurie Weiss, Ph.D.** has been helping clients reclaim life energy and find joy in life since 1972. She has taught professionals in 13 countries and authored eight books that make complex information accessible to anyone. Her latest, ***Letting It Go***, teaches rapid anxiety and stress relief.

**Dr. Weiss** is one of only two Master Certified Logosynthesis Practitioners in the United States. She is a Certified Transactional Analysis Trainer with Clinical and Organizational Specialties and a Master Certified Coach. Her work has been translated into German, Chinese, Spanish, French and Portuguese.

She and her husband, Jonathan B. Weiss, Ph.D., married in 1960; they started working together in 1970. They love mixing business and pleasure and enjoy visiting professional colleagues and friends around the globe. They live and work in Littleton, CO (USA).

More information is available at [LaurieWeiss.com](http://LaurieWeiss.com) ,  
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#### About the Book:



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**Author Website:** <http://www.LaurieWeiss.com>

**Review Copies and Media Interviews:**

For a review copy of ***Letting It Go: Relieve Anxiety and Toxic Stress in Just a Few Minutes Using Only Words (Rapid Relief with Logosynthesis®)***

or an interview with Dr. Laurie Weiss , please call 303-794-5379 or email [LaurieWeiss@EmpowermentSystems.com](mailto:LaurieWeiss@EmpowermentSystems.com) . When requesting a review copy, please provide street address.

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