

RAPID RELIEF WITH LOGOSYNTHESIS®

Letting it GO

RELIEVE ANXIETY AND TOXIC STRESS
IN JUST A FEW MINUTES USING ONLY WORDS



DR. LAURIE WEISS

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Letting It Go

Relieve Anxiety and Toxic Stress
In Just a Few Minutes Using Only Words

By Dr. Laurie Weiss

About the Book

Discover three little-known, magical sentences that effortlessly release anxiety and toxic stress in minutes, even when you feel that your life is falling apart. You will learn a revolutionary new, deceptively simple process to:

- Stop worrying about things you can't control.
- Manage challenging situations.
- Stop imagining disasters.
- Turn off the thoughts that keep you awake at night.
- Transform anxiety into relaxation.

Experience the freedom that comes from effortlessly managing previously distressing situations and even forget to worry about the things you used to obsess about. Release your energy that was frozen by unsuccessful attempts to control way too many things. Finally, rediscover the possibility of joy in your life.

About the Author

Over 60,000 readers have embraced the wisdom of Dr. Laurie Weiss. As a stress-relief expert, psychotherapist, coach and marriage counselor, Dr. Laurie has been helping clients reclaim life energy and find joy in life since 1972. She has taught professionals in 13 countries and authored 13 books that make complex professional information accessible to anyone. She and her husband-business partner, Jonathan B. Weiss, Ph.D., live and work in Littleton, Colorado (USA). They are the only Certified Master Logosynthesis® Practitioners in the US.

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