

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

Anxious and stressed readers will discover 3 little-known, magical sentences that effortlessly release anxiety and toxic stress in minutes, even when they feel that their lives are falling apart. They will learn a revolutionary new, deceptively simple process to:

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

Readers will experience the freedom that comes from effortlessly managing previously distressing situations and even forget to worry about the things they used to obsess about. They will release the energy they tied up by unsuccessful attempts to control way too many things. Finally, they will rediscover the possibility of joy in their lives.

### 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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