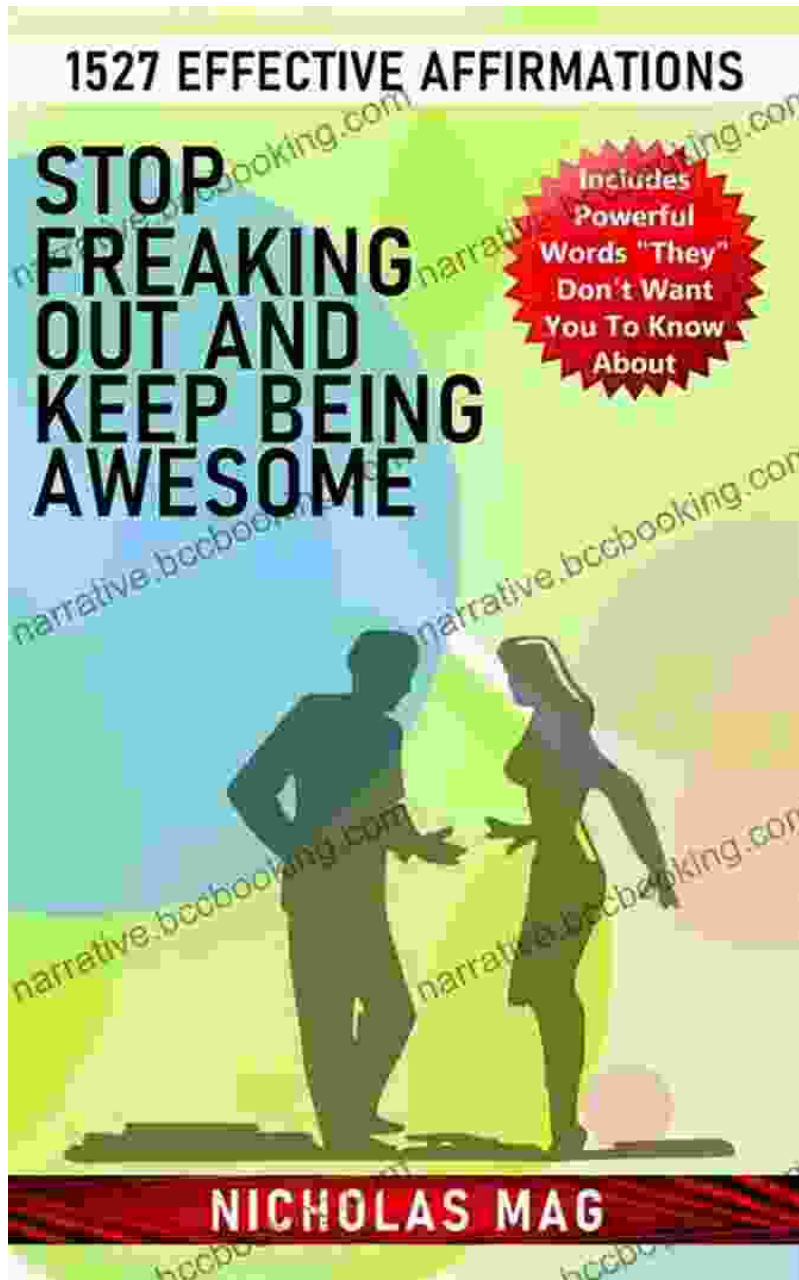


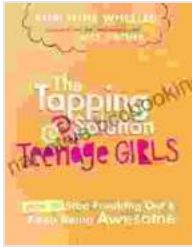
How To Stop Freaking Out And Keep Being Awesome



The Tapping Solution for Teenage Girls: How to Stop Freaking Out and Keep Being Awesome by Christine Wheeler

★★★★★ 4.6 out of 5

Language : English



File size	: 2427 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 298 pages



Are you tired of feeling anxious and stressed out? Do you feel like you're constantly on the verge of a panic attack? If so, you're not alone. Millions of people suffer from anxiety disFree Downloads, and it can be a debilitating condition.

But there is hope. In her new book, *How To Stop Freaking Out And Keep Being Awesome*, renowned therapist and author Dr. Leslie Becker-Phelps offers a practical guide to overcoming anxiety and living a more fulfilling life.

Dr. Becker-Phelps has spent years working with people who suffer from anxiety, and she has developed a proven method for helping them to manage their symptoms and live more confident, happy lives. In her book, she shares her insights and strategies, including:

- * How to identify the triggers that set off your anxiety
- * How to develop coping mechanisms to deal with anxiety-provoking situations
- * How to build a strong support system of friends and family who can help you through tough times
- * How to change the negative thoughts and beliefs that contribute to anxiety
- * How to practice self-care and relaxation techniques to reduce stress levels

If you're ready to take control of your anxiety and start living a more fulfilling life, then *How To Stop Freaking Out And Keep Being Awesome* is the book

for you.

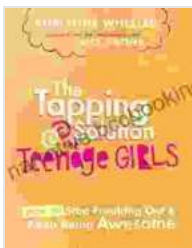
About the Author

Dr. Leslie Becker-Phelps is a licensed clinical psychologist and the author of several books on mental health, including *The Anxiety Workbook* and *The Depression Workbook*. She is a regular contributor to *The Huffington Post* and *Psychology Today*, and she has appeared on numerous television and radio shows, including *The Today Show*, *Good Morning America*, and *The Oprah Winfrey Show*.

Dr. Becker-Phelps is passionate about helping people overcome their mental health challenges and live happier, more fulfilling lives. She is dedicated to providing her clients with the tools and resources they need to succeed.

Free Download Your Copy Today

How To Stop Freaking Out And Keep Being Awesome is available now at all major bookstores and online retailers. Free Download your copy today and start living a more confident, happy, and anxiety-free life.



The Tapping Solution for Teenage Girls: How to Stop

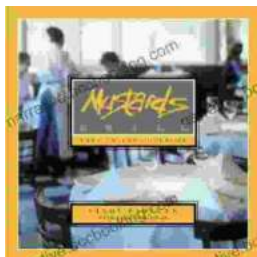
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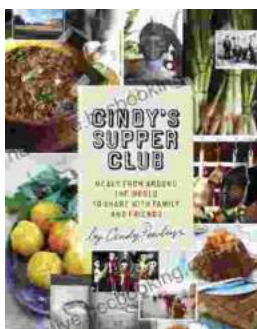
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