



# Finally Free: How to Beat Anxiety in Six Simple Steps

*Dr Nicholas Lucas*

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**Finally Free: How to Beat Anxiety in Six Simple Steps** Dr Nicholas Lucas

Anxiety disorders are the most common mental illness in the U.S., affecting 40 million adults (18% of U.S. population). Are you one of them?

Do you find it near impossible to relax?

Do you have trouble breathing or sleeping?

Do you constantly worry that something bad is about to happen?

Do you feel trapped as though there's no way out?

Are you plagued by constant fears?

Millions of people will answer 'YES' to every single thing on this check-list. As calmly as you can, check how many sound true to you, every day.

If you answered yes to one or more things on that list you need a copy of *Finally Free – How to Beat Anxiety in Six Simple Steps*.

You need advice from Dr Nic Lucas, who has spoken out about beating anxiety, arguably the most commonly diagnosed mental illness in the world.

"I've experienced and felt the effects of anxiety from both sides as a sufferer and as a husband when my wife Rhoda was diagnosed with anxiety.

For me, it was mostly mental anguish, combined with some physical symptoms that I knew were a result of the panic and anxiety. For Rhoda, it was pain, tingling, headaches, facial stiffness, and difficulty swallowing, all of which reinforced the primary physical nature of her symptoms, and all of which were, naturally, distressing."

"The good news is that the panic attacks, anxiety, and other "black holes" of depression can be cured."

We have better insight into the anatomy of the anxious brain than ever before, which is how Dr Lucas uncovered these easy to follow, practical strategies that will allow you to manage day-to-day anxiety on your own.

**Finally Free is a strategy-filled book that teaches you how to understand, manage, and conquer your panic and anxiety. You'll learn techniques that will immediately lift your spirits and help you develop a positive outlook on life so you can take back your life from anxiety for good.**

**What's included?**

- My story of terror as I experienced my very first panic attack – 26
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#### **Douglas Gibson:**

Have you spare time for the day? What do you do when you have a lot more or little spare time? Sure, you can choose the suitable activity to get spend your time. Any person spent all their spare time to take a stroll, shopping, or went to typically the Mall. How about open or maybe read a book titled Finally Free: How to Beat Anxiety in Six Simple Steps? Maybe it is being best activity for you. You know beside you can spend your time with the favorite's book, you can wiser than before. Do you agree with its opinion or you have different opinion?

#### **Marie Flynt:**

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#### **Betty Richey:**

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