



# The Fear and Anxiety Solution

*Friedemann MD, PhD Schaub*

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You're late to a meeting and caught in traffic. Your toddler is screaming and your in-laws just showed up. You're about to give an important presentation but you've misplaced your notes--and you're beginning to panic. We all find ourselves in situations that stir up anxiety. And for many of us, our fear and worry have reached debilitating levels. How can we stay balanced and live up to our potential when fear and anxiety seem so easily to get the best of us? According to Dr. Friedemann Schaub, the answer lies in the subconscious mind--the source of our most challenging emotions and the key to the wisdom they offer.

*The Fear and Anxiety Solution*, the 2012 Independent Publisher Award Gold Medal Winner and the USA Best-Book Award Winner in the category best new-self-help book, presents Dr. Schaub's breakthrough and empowerment program for learning to understand, direct, and utilize the subconscious mind as our greatest ally on the path to health and wholeness. The processes and tools of each chapter will show you how to consciously work with your subconscious mind to pinpoint and understand the root causes and deeper meanings of your fear and anxiety, release emotional blocks from the past, and "shine more of who you truly are out into the world." Through step-by-step guidance, Dr. Schaub explains how to transform fear and anxiety into healing catalysts that lead to greater confidence, self-worth, and success, as he illuminates:

- The five principles for change--awareness, flexibility, choice, actualization, and readjustment
- How to address inner conflicts, stored emotions, and limiting beliefs--the three subconscious root causes of fear and anxiety
- A five-step process for effectively eliminating negative self-talk and mind-racing
- How to manage "free-floating anxiety"
- The Parts Reintegration Process, a powerful method for peace of mind, increased energy, and improved health
- The Pattern Resolution Process for releasing subconsciously stored fear and anxiety
- How to replace your old anxiety-driven identity with a new foundation of self-empowerment at the cellular level

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