

# Play It Away: A Workaholics Cure for Anxiety

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## Reviews

This pdf might be well worth a study, and a lot better than other. It really is simplistic but excitement inside the fifty percent in the book. Its been printed in an exceedingly straightforward way which is just after i finished reading this ebook through which really modified me, modify the way i believe. (Derick Brekke)

## PLAY IT AWAY: A WORKAHOLICS CURE FOR ANXIETY



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Charlie Hoehn. Paperback. Book Condition: New. Paperback. 168 pages. Heres the cure to your stress!Tony Robbins, Strategic adviser to world leaders, 1 bestselling author of Personal Power (40 million copies sold)Do you feel guilty or anxious when youre not working Have you stopped playing with your friends Do all of your daily activities revolve around building a more successful careerDo you have trouble breathing, relaxing, and sleeping Are you consuming stimulants multiple times per day to hide your exhaustion Are you sitting still and staring at screens for most of your waking hours Are you trapped in your own personal hell, and dont know how to get outlve been there, and I know what its like. Shallow breathing, tension in the gut, chest pains, rapid heartbeat. . . Every moment is exhausting, crushing, and painful. Anxiety destroys your confidence, your productivity, your relationships, and your ability to enjoy life. The worst part is the obsessive hopelessness the gnawing sense that youll never feel happy again. Fear no more. You can put an end to your suffering. You can start living again. And its not as hard as you think. . . Play It Away covers my entire journey: what caused my anxiety, the A-ha! moment that lead to my cure and how I got my life back. In this book, youll learn: - The key breakthrough that allowed me to enjoy life again (page 27) - My step-by-step plan for healing anxiety without drugs (page 47) - How I turned non-stop worrying into background noise (page 95) - My unusual technique for stopping panic attacks (page 100) - Why anchors fuel anxiety, and how to remove them (page 49) - How I finally started sleeping well again (page 85) - Three common nutrient deficiencies that amplify anxiety (page 114) -...

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