



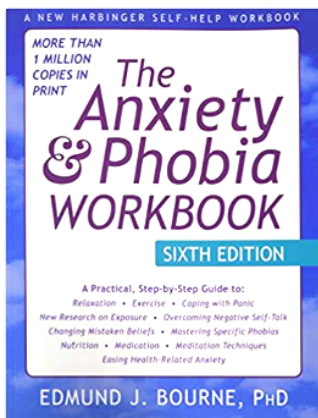
# NATURAL REMEDIES, BOOKS, PROGRAMS & ITEMS I LOVE!

## YOUR PANIC TO POWER CHEAT SHEET!

I wouldn't be a proper source of inspiration if I didn't mention that the journey to taking control of your mental health will likely take time and be a process. BUT I DO want to tell you that it is 100% possible to recover and feel like yourself again.

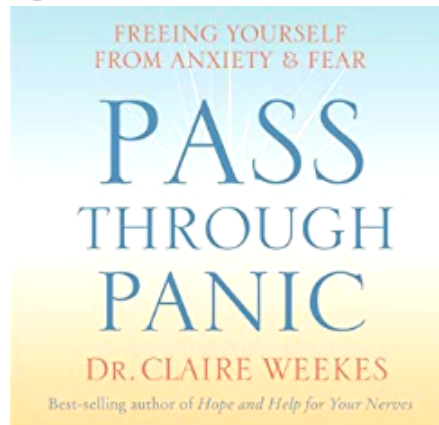
There was a time I didn't think this was possible. But now I know it to be true! Here is a list of all of the items I found helpful on my journey from Panic To Power! I hope you find relief and love them as much as I do.

## WORKBOOKS/BOOKS



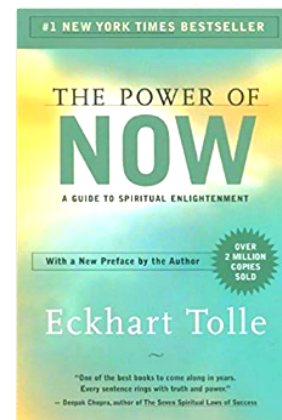
This book is THE ANXIETY & PHOBIA BIBLE! If you are newly affected by panic, or have been struggling for a while this workbook WILL help you regain control.

**BUY NOW**



Claire Weekes was an Australian physician who achieved world renown for her ability to help people with anxiety disorders, and for her self help books on the subject. All of her books are must haves! She also developed 1 super effective trick that has helped tons of people battling to beat anxiety.

**BUY NOW**



The book is intended to be a guide for day-to-day living and stresses the importance of living in the present moment and avoiding thoughts of the past or future. Which is an essential tool when battling with generalized anxiety.

**BUY NOW**



# NATURAL REMEDIES, BOOKS, PROGRAMS & ITEMS I LOVE!

## MY #1 RECOMMENDED PROGRAM!



My most recent battle with anxiety and panic happened in 2015. This one was super hard as I thought that I was free of panic attacks, and when they came back with a vengeance I was frozen with fear. I had to meditate for 30 minutes just to walk in my workplace door. It was rough! This program came with me in my car, at my work, it went everywhere! And it taught me new techniques that changed the way I interacted with my panic. Game changer!

**BUY NOW**

## NATURAL SUPPLEMENTS

Take any of these products for instant relaxation, to help with sleep or aid relaxation during meditation.



**BUY NOW**



**BUY NOW**



**BUY NOW**



**BUY NOW**



# NATURAL REMEDIES, BOOKS, PROGRAMS & ITEMS I LOVE!

## CBD FOR ANXIETY



Our **CBD Products** Are Perfect For **Pain, Anxiety** And **Much More.**

Pure Medicinal CBD Oil That Works!

CBD is a fantastic way to increase your ability to deal with stress over time. This product is all natural, and when I took it I found that my mind felt naturally calmer, almost unnoticeably.

**BUY NOW**

## PODCASTS/APPS/RESOURCES



Hands down the BEST podcast for anxiety sufferers on the planet! This podcast covers everything! It is a must listen.

**SUBSCRIBE**



HEADSPACE®

Headspace in my opinion is the best app for you to use for guided meditation.

**DOWNLOAD**



Deepak Chopra's app is amazing also for guided meditations. These can focus on relaxation, with 21 day challenges.

**DOWNLOAD**