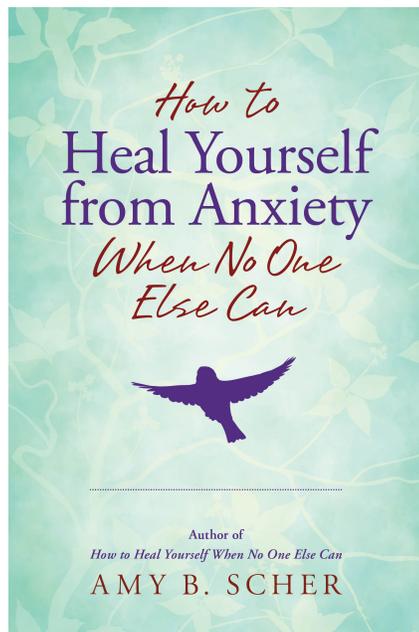


Heal From Anxiety - A Ground-breaking Approach!



ST. PAUL, MINN — Anxiety is *not* “just fear” and it doesn't come from out of the blue. In fact, everything you think you know about anxiety is about to change. This remarkable book offers a dynamic method for addressing anxiety in an entirely new way. Beginning with helping the reader understand what anxiety really is (a *side effect* of a dangerously unhealthy pattern of suppressing emotions that need to be expressed), this book sets itself apart from the rest. It’s full of hands-on techniques and guidance that illustrate one profound truth: permanent and complete healing *is* possible. Join Amy B. Scher, author of the bestselling *How to Heal Yourself When No One Else Can* as she shares a unique, go-at-your-own-pace approach to address the root of anxiety: changing harmful beliefs, calming your body, and release old emotional energy that holds you back.

This book guides you through a series of transformative tools and easy-to-follow exercises that can change your life quickly. No more coping. Just healing. Utilizing Amy’s powerful self-created clearing techniques, as well as the widely popular Emotional Freedom Technique (EFT), you will learn how to let go of unresolved emotional baggage so that you can become the healthiest, most relaxed, lighthearted version of yourself.

How to Heal Yourself from
Anxiety
When No One Else Can
By
Amy B. Scher

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Praise for How to Heal Yourself When No One Else Can

“Amy has seen the truth and can be a coach to all those who seek healing and authenticity.” — **Bernie Siegel, MD**, bestselling author of *Love, Medicine, & Miracles* and *The Art of Healing*

“Amy Scher has penned a remarkable book about the pivotal role of the body, mind and spirit in attaining true and complete healing. There is much wisdom in this book, written with exceptional clarity, love and wisdom.”

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“[Amy B. Scher is] an inspiration, not just because she teaches us how to take healing into our own hands, but because she’s living proof that it works.”

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“Amy Scher takes you on a guided journey to resolve emotional, physical and energetic blockages that get in the way of true healing. You will feel like you have a loving expert coach by your side along the way.”



AMY B. SCHER (New York, NY) is the author of the bestselling *How to Heal Yourself When No One Else Can* (Llewellyn) and *This Is How I Save My Life* (Gallery Books). Scher was named one of The Advocate’s “40 Under 40” and has been featured on CNN, CBS, *The Washington Post*, *Cosmopolitan*, and numerous media outlets in print, broadcast, and online. Her books have been endorsed by Elizabeth Gilbert, Pam Grout, and Bernie Siegel, MD. Visit her at www.AmyBScher.com