



The Four Gifts of Anxiety: Embrace the Power of Your Anxiety and Transform Your Life

By Sherianna Boyle

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The Four Gifts of Anxiety: Embrace the Power of Your Anxiety and Transform Your Life By Sherianna Boyle

Unlock anxiety's powerful gifts!

It's time to break free from the tight grip of anxiety and live the life you've always wanted. *The Four Gifts of Anxiety* shows you how to tap into the power of your anxiety and reveal its gifts of resiliency, hope, empathy, and purpose. Filled with exercises, meditations, and reflection prompts, this book teaches you how to access these positive attributes and the inner strengths that have been hiding behind your symptoms. Each chapter illuminates your gifts and helps you better understand your anxious feelings, so that you can take charge of any situation rather than fearing your future. By viewing your worries in this new and empowering perspective, you will find peace and be able to embrace the person you were meant to be.

Complete with real-life stories from others who transformed their outlook, *The Four Gifts of Anxiety* helps you develop a healthier way of thinking, harness your inner power, and finally reclaim your life.

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Editorial Review

Review

"[Sheri] provides her readers with information about how to reframe anxiety so that it can be used in a positive way and not disturb the lives of those living with it. The goal is for readers to take control of their futures and live healthier more fulfilling lives with their anxiety." --NAMI.org

"Sherianna Boyle...gives readers a new set of lenses to wear when looking at anxiety. I actually found myself embracing my own anxiety...and doing so with a happy heart. Boyle is worthy of your time if you want to mindfully work through anxiety and stress without being overwhelmed by jargon. And if you are a clinician who treats clients with anxiety, you might want to suggest Boyle's book to your patients." -- PsychCentral.com

About the Author

Sherianna Boyle, MEd, CAGS, is an adjunct psychology professor, seasoned yoga instructor, and author of five books. She has also been published in more than fifty articles. Some of her most prominent work has been as an energy practitioner, blending insight from her years of teaching parent education and adolescent self-esteem classes with her experience as a licensed school psychologist. She is the author of *Mantras Made Easy*, *The Conscious Parent's Guide to Childhood Anxiety*, *The Four Gifts of Anxiety*, which was endorsed by NAMI, *The Everything Parent's Guide to Overcoming Childhood Anxiety*, and *Choosing Love*, which was placed on the top ten must reads with *Metro US*. Sherianna's services and resources can be found at SheriannaBoyle.com.

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