



# Calm Your Mind in 5 Weeks: How to Reduce Anxiety Naturally

*Jacqueline Brandes*

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Do you suffer from anxiety? Panic attacks? Stress?

This book is written for people looking for a natural approach to reduce stress and anxiety. While this 5-week program has been specifically designed for people suffering from anxiety, it is also great for people who get stressed easily or live a stressful and demanding life.

This program is completely natural, based on diet and mind-calming exercises. You will be guided through the process of changing/adjusting your lifestyle gradually.

You will learn:

- Which foods reduce anxiety and why
- Which foods to avoid and why
- Which foods to include into your diet
- Which breathing techniques reduce anxiety
- Specific mind-calming yoga exercises
- Meal plans and recipes

These simple lifestyle changes are your key to overcoming anxiety. Best of all is that over this 5-week period, these small changes will form into habits that you can easily maintain.

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