



## Escape Anxiety

By Jessee, Suzanne

Perseus Distribution Services, 2015. Hardcover. Book Condition: New. 16.51 x 24.13 cm. "Author presents her 8-Step Escape Anxiety program, used at the Betty Ford Center and other treatment facilities, developed after her own experience of hospitalization for anxiety disorders and related alcoholism. Program is based on her concept of Neurogenesis Meditative Therapy (NMT) that integrates practices of progressive relaxation, mindfulness meditation, guided imagery meditation, hypnotherapy, and cognitive behavioral therapy"-- Our orders are sent from our warehouse locally or directly from our international distributors to allow us to offer you the best possible price and delivery time. Book.



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